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Your essential daily news | WEEKEND, JUNE 5-7, 2015

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Digging Halifax



Max Burt of the Canadian men's volleyball team warms up at the Scotiabank Centre on Thursday afternoon. The national squad is playing two matches in Halifax this weekend against Argentina. Coverage in **metroSPORTS**. JEFF HARPER/METRO

'Drive away the fear'

CRIME

Halifax's police chief reflects on Moncton, one year later



Haley Ryan
Metro | Halifax

The anniversary of the Moncton shooting brings up thoughts on the "stress and the pain" of that time, as well as the changes made since to better protect our residents, says the city's police chief.

Thursday marked a year since a gunman ran through Moncton, taking the life of three RCMP officers and injuring two others.

"It's a sad, sobering time that brings us back to the stress and the pain as we learned of the death of these three members," Chief Jean-Michel Blais said Thursday.

One can't think of Moncton

without the Ottawa shooting coming to mind, Blais said, and the alleged shooting plot intended for the Halifax Shopping Centre on Valentine's Day.

These violent acts hit Maritimers closer to home than ever, Blais said, since shootings in other countries can often feel like statistics — but it's important to never forget those officers who died in the line of fire, he said.

Collectively, the tragedies should steel our resolve to make a better society, Blais said, as we strive to improve peoples' lives so they don't become disaffected or involved in terrorist activities.

Before the end of the year, Blais said police will distribute "run, hide, fight" materials for residents on what to do in an active aggressor situation, where someone is coming after you with a deadly weapon.

"We (should) be alive to the potential of the threat, but we don't become obsessed with it," Blais said.

"We have to drive away the fear in our communities."



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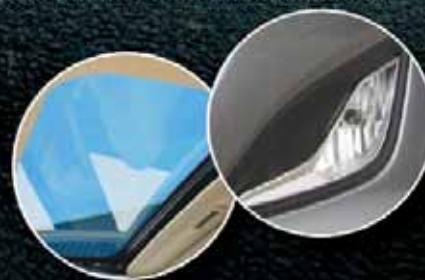
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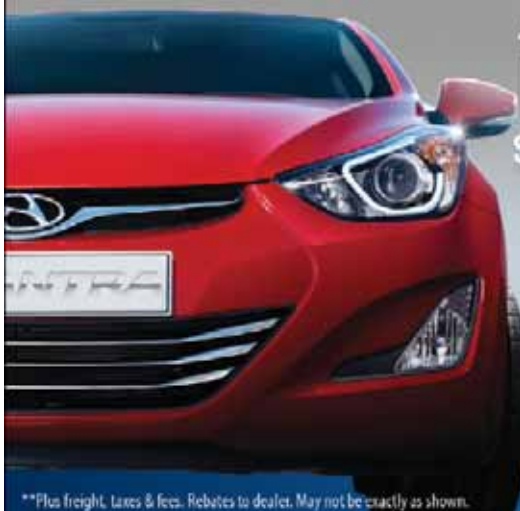
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New rules to create uniformity

DEVELOPMENT

Plan would address height issue: City



Stephanie Taylor
Metro | Halifax

Anyone who has attended a public meeting in Halifax has likely heard residents bemoan one recurring aspect of new building proposals: Height.

From new eight- and 10-storey

apartment complexes for Wyse Road in Dartmouth and Wellington Street in the city's south end, to a new development considered for Chebucto Road, the taller the building seems to bring double the trouble — at least in the public eye.

However, some councillors and city planning staff agree concerns around height actually point to deeper, more fundamental failure within our city's approach to development.

"We've allowed site-specific applications in lieu of actually updating our planning poli-



That goal of clarity and really, really easily understandable policy documents is what we're headed towards.

Jacob Ritchie, urban planning manager

cies," said Jacob Ritchie, urban planning manager and lead on developing the city's long-awaited regional centre plan said Thursday.

When complete, the plan will replace the current patchwork of planning rules and zoning policies in order to create a uni-

fied set of guidelines for downtown Halifax, Dartmouth and urban HRM.

"We have not looked at the policy holistically as a community for a very long time," Ritchie said Thursday.

Ritchie says the plan will enter its public engagement phase

this fall and ask residents what they value about their neighbourhoods, which will be inked into new policies.

"A lot of people are happy with vacant lots on their streets because it doesn't produce traffic. That's a conversation we have to have ... we can start to ask these developments to do more for our communities," he said.

Better understanding on how a building contributes to the overall atmosphere of a street will help create what councillor Jennifer Watts calls "intentional

neighbourhoods."

"Density doesn't always need to equal tall buildings," she said Thursday.

She said density can be encouraged through improving the quality of a neighbourhood, from its amenities and sense of community, to better infrastructure and open space.

"The idea that we have a density goal isn't it," Ritchie said.

"We have a goal to actually support people living and working in the community and having that happen in a really thoughtful and sustainable way."



PASSING THROUGH THEY DO FLOAT, YOU KNOW James Sutton, left, and Devin Podgorski portage two kayaks across a Hollis Street crosswalk on Thursday. The pair rented the kayaks for the afternoon and were on their way to the Halifax waterfront. **JEFF HARPER/METRO**



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HALIFAX OPENING ITS DOORS AGAIN

DOORS OPEN HALIFAX

Tens of thousands expected for two-day event

Rebecca Joseph
For Metro | Halifax

Halifax's oldest buildings will join its newest buildings in

throwing open their doors to the public for the third annual Doors Open Halifax weekend.

Over 37,000 people visited the participating buildings last year, more than doubling the number that visited in 2013.

"I knew we had something that would catch the excitement of the city," said Hugh MacKay, president of Doors Open Halifax.

The Old Town Clock was

the most popular building last year, one of the only buildings with a wait line. But that didn't stop people from visiting.

"I tip my hat to Parks Canada," MacKay said. "They opened the building for more people to get through with a shorter wait time."

There are Doors Open events across Canada and around the world, but MacKay said Halifax is unique because of its waterfront.

+ BACKGROUND

A full list of participating buildings can be found at DoorsOpenHalifax.com.

"I'm delighted that we have a couple vessels in the program this year," he said.

HMCS Sackville and CSS Acadia are both new additions to the event. Haligonians will be able to go into

the ships for free.

Venues in Halifax are grouped in central areas so people can visit multiple buildings at once. They're located in downtown Halifax, Dartmouth and for the first time, Bedford.

Doors will be open at 10 a.m. and close at 4 p.m. on Saturday and Sunday.

There will also be entertainment at over 10 of the locations, ranging from actors portraying John and Lady

Wentworth, who were the first residents of Government House, to poet laureate El Jones speaking at the Halifax Central Library.

MacKay said that plans are already in the works for next year, and the year after. He hopes Doors Open can do something to commemorate the centennial of the Halifax Explosion in 2017.

 **MORE LOCAL NEWS ONLINE**

TOP 5 BUILDINGS IN LAST YEAR'S DOORS OPEN HALIFAX



METRO FILE

1 OLD TOWN CLOCK

5425 Sackville St. 3,809 visits.

Built in 1803 and reconstructed in the 1960s, the iconic Town Clock on Citadel Hill was the most visited venue of Doors Open Halifax in 2014. This weekend, people will be allowed inside to see the bottom floor of the building, where the original clocksmith and his family lived.



METRO FILE



METRO FILE

2 HALIFAX CITY HALL

1841 Argyle St. 2,523 visits.

City hall was built in 1890 and designated a National Historic Site of Canada in 1997. It's been a popular venue for Doors Open for the past two years. Mayor Mike Savage will be at city hall throughout the weekend to help explain the cultural and political significance of the building.

3 PROVINCE HOUSE

1726 Hollis St. 2,234 visits.

Province House is Canada's oldest seat of government. MLAs meet here to create, debate and pass laws that affect everyone in Nova Scotia. This weekend, people will be able to visit important rooms like the Red Chamber and the Legislative Library.



CONTRIBUTED

4 SCOTIA-BANK MAIN BRANCH

1709 Hollis St. 1,958 visits

The building is rich with Nova Scotia history. It was designed by Canadian architect John Lyle, who used his knowledge of the province's history to design and decorate the building. His granddaughter, Lorna Harris, will be at the bank throughout the weekend to talk about his work.



CONTRIBUTED

5 ST. MARY'S CATHEDRAL BASILICA

1531 Grafton St. 1,891 visits

Construction on the basilica started in 1820, and the site was restored in 2002. It was designated a National Historic Site of Canada in 1997. While not part of Doors Open Halifax this year, there are regular summer tours you can book on the church's website.



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Fraudster bilked 91-year-old: Police

FRAUD

Accused is said to have volunteered with errands



Stephanie Taylor
Metro | Halifax

A 65-year-old Halifax woman has been charged with defrauding an elderly woman of thousands of dollars.

The accused, Brenda Louise Clements, arrived at Halifax provincial court Thursday morning, after she was arrested Wednesday evening at her home and held in custody overnight.

She faces a charge of fraud over \$5,000.

Police say the accused befriended a 91-year-old woman at a local bingo hall several months ago, volunteering to assist her with daily errands.

The victim eventually contacted police at the beginning of May, after noticing irregular spending activities on her credit card statement.

An investigation determined the suspect allegedly defrauded the victim of several thousands by using her credit card to make various purchases around the city over the past two months.

A Halifax Regional Police spokesman said that sadly, this situation is far too common.

"Unfortunately, we have indi-



Brenda Louise Clements arrives at Halifax provincial court on Thursday. Police say she defrauded an elderly woman she met at a bingo hall of thousands of dollars. JEFF HARPER/METRO

viduals that are taking advantage of people in need of help," Const. Pierre Bourdages said Thursday.

He said seniors are vulnerable because many require help with daily chores or running errands. Some seniors are also met with financial difficulties or are simply just lonely, Bourdages added.

In the past, he said fraudsters have met victims by taking out ads on Kijiji, or while visiting bingo halls, seniors' homes — even funeral homes.

Bourdages believes there are instances of fraud that go un-

"If you believe you've been defrauded ... please reach out to someone."
Const. Pierre Bourdages

reported, as victims feel too embarrassed once they realize they've been scammed. "There's nothing to be ashamed of," he assured.

"If you believe you've been defrauded by anyone, please reach out to someone. It may not be police at first, but reach out to someone you trust, inform them as to what has happened. And please, call police."

Although he would not say the exact amount of money lost in this particular case, he said it was large.

Due to the nature of scheme, police also believe there are more victims and are asking anyone with information to contact police.

CRIME

Man accused in attempted murder faces new charges

A Halifax-area man charged with attempted murder is facing more charges following an attack from the weekend involving a set of pliers.

Nicholas Daniel Gaetz, 20, from Lake Loon, appeared in Kentville provincial court this week on four charges relating to the May 30 incident, including using a weapon in committing an assault; carrying a weapon for the purpose of committing an offence; uttering a death threat to a second man; and failing to comply with his recognizance.

Kings RCMP spokeswoman Const. Kelli Gaudet said a 33-year-old man was assaulted in the parking lot of a Boston Pizza.

Paramedics dealt with the victim at the scene and the victim was not transported to hospital.

Gaetz has been remanded into custody until June 11 for a bail hearing and for a Crown application to revoke his bail on several other charges.

"

He was stabbed in the back with a pair of pliers.

Const. Kelli Gaudet

Gaetz is also accused of attempted murder; using a weapon, a knife, in committing an assault; possessing a weapon for a purpose dangerous to the public peace; and aggravated assault following an incident in Dartmouth on July 1, 2014.

Gaetz was arrested and charged after a man was allegedly stabbed twice in the abdomen near a concert at Alderney Landing.

He's also charged with committing mischief in Halifax on July 2, 2014, by wilfully damaging property at the Halifax Regional Police headquarters.

KINGS COUNTY REGISTER

PICTOU COUNTY

Motorcycle driver crashes into deer

Police say a man is in a Halifax hospital with serious injuries after he was thrown from his motorcycle after striking a deer on Thursday.

Pictou County RCMP say the accident happened at about 11:10 a.m. on Highway 374 in the community of Eureka, near Stellarton.

Police say the motorcycle hit the deer on the road and the driver, a 68-year-old man from Pictou County, was thrown from the vehicle.

The man was taken by ambulance to hospital in New Glasgow then flown by LifeFlight helicopter to Queen Elizabeth II hospital in Halifax. METRO

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+ IN BRIEF

Minister: Gaming firm to get no financial help

Nova Scotia Business Minister Mark Furey says the province will not be offering a financial lifeline for a Cape-Breton-based gaming technology company.

Techlink Entertainment announced Monday that it will close and lay off staff. Furey says while he knows of bridge-funding talks the government cannot help.

THE CANADIAN PRESS

TRANSPORT MINISTER

Following up on ferry promise

Nova Scotia's transportation minister says he is travelling to Maine later this month to try to determine the status of potential financial help for the Yarmouth to Portland ferry.

Geoff MacLellan says he plans to meet with Gov. Paul LePage sometime during the week of June 22 to determine where he stands on assistance for the ferry service.

LePage promised help during last year's gubernatorial elec-

tion campaign and officials in his office have said that legislation was being prepared to assist Nova Star Cruises obtain a line of credit.

But no legislation has come before the Maine state legislature, which is scheduled to wrap up its current sitting on June 17. MacLellan says he wants to definitively find out whether the governor is a potential partner for a service that is getting \$13 million this

+ VOW

The ferry began seasonal sailings June 1, and is vowing to improve user numbers after a money-losing inaugural season that saw it get \$28.5 million in subsidies from the province.

year from Nova Scotia taxpayers. THE CANADIAN PRESS



Christopher Phillips, accused of threatening police with a dangerous chemical, arrives for his bail hearing at provincial court in Dartmouth in March. ANDREW VAUGHAN/THE CANADIAN PRESS

Chemicals had innocent uses: Lawyer

COURT

Chris Phillips' collection 'had no improper purpose'

The lawyer for a Halifax man at the centre of a chemical scare that led to evacuations in two cities says his client may have had enough chemicals to make 11 different explosives, but there's no evidence that he was interested in doing that.

Mike Taylor told Nova Scotia Supreme Court on Tuesday his client, Christopher Phillips, is a chemist whose large collection of chemicals would be standard fare in any given laboratory.

Taylor made the comment while questioning Melanie Brochu, an RCMP forensic scientist who testified Phillips had about 500 chemicals to draw from, though she said the accused did not appear to be making any bombs when she examined hundreds of bottles and jars stored near a cottage east of Halifax.

Brochu told the court that 42 of the chemicals she examined

could be used to make an explosive, some of them requiring the addition of a common household item like milk or cotton balls.

Taylor said Brochu's finding meant over 90 per cent of the chemicals in Phillips's possession could not be used for such a purpose. And he stressed that virtually all of the 42 named chemicals had other uses, such as household products.

"It goes to show that Mr. Phillips had those substances most likely for no improper purpose," Taylor said outside court.

Phillips is charged with threatening police in an email to a friend and possessing a weapon — the poisonous chemical osmium tetroxide — for a dangerous purpose. That chemical was found in another shed near Phillips's home in the Halifax area.

Brochu testified that osmium tetroxide is a toxic, corrosive chemical that can be deadly if swallowed.

Earlier, the scientist said the chemicals in the shed in Grand Desert were difficult to assess because many of the containers were labelled with a code that gave no indication of what was inside and were stored improperly. That was also the case for the unheated shed in Cole Harbour where the osmium tetroxide was found in a box, Brochu said.

Taylor has said his client purchased the osmium tetroxide legally, and that he had far less than the legal limit in his possession. THE CANADIAN PRESS

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The number of chemicals Christopher Phillips was storing

Halifax: a town of spokes-people

BIKE WEEK

2015 event puts focus on health



Haley Ryan
Metro | Halifax

There's no better time to be on a bike in Halifax than over the next nine days.

Halifax Bike Week runs Friday until June 14 and will feature more than 40 biking events for people of all skill levels across the region. Events include scenic trail rides and repair workshops.

"Bike Week is a great way to kind of shine a little bit of light on bicycling in the municipality and to give people an opportunity to give it a try," said David MacIsaac, program supervisor

with the city's transportation and public-works department, on Thursday.

This year's theme is "riding for a healthier Halifax," putting focus on both the physical benefits of cycling as well as the reduced impact on the environment and our roads.

Also, anyone taking the ferry with his or her bike gets free rides all week.

For the first time, MacIsaac

said, there will be a Cycle Smart Rodeo in Middle Musquodoboit. Participants will navigate an obstacle course and have their bike put through a safety inspection.

For those nervous about biking on a road for the first time, MacIsaac said the mayor's ride in Clayton Park or Southwest Sunday Cycle are great ways to get going because you're "buffered" by lots of people and will have a police escort.



Cyclists kick off bike week 2013 outside city hall. METRO FILE

PAN AM GAMES

Torch to heat up Halifax

The Pan Am flame will soon flicker in the ocean breeze during its trip to Halifax.

On Sunday, the torch relay for the upcoming Pan Am Games in Toronto visits the region, starting at Peggy's Cove lighthouse at 8:30 a.m.

The flame will then head to the Canada Games Centre in Clayton Park

+ BACKGROUND

This year, Toronto hosts the Pan Am Games from July 10 to 26. Thousands of athletes will compete in dozens of summer events from across the Americas.

for 10:15 a.m. before visiting the Halifax Citadel at 11:45 a.m.

It will end up at Grand Parade downtown for a community celebration from 1 to 2 p.m.

METRO

The Pan Am flame will soon land in the city.
THE CANADIAN PRESS



IN BRIEF

Flip the Switch on summer

In a sure sign that summer is around the corner, Switch: Open Street Sundays kicks off in Dartmouth this weekend.

Switch's fourth year begins Sunday from noon to 4 p.m. A two-kilometre stretch of Portland Street and Prince Albert Road will be closed to traffic for the event.

The Multicultural Association of Nova Scotia will host a street party and local crafters will show their wares at a pop-up market. Plenty of food and games as well as a mobile skate

park can be found along the route. METRO

Canada Post complains of purloined parcels

Police in Halifax are asking for help in applying the letter of the law to those culprits breaking into mailboxes.

Halifax RCMP said they were told by Canada Post on Wednesday that multiple Lucasville-area mailboxes have been broken into over the past eight days. They said someone used vice grips to pull the tumbler mechanism out of the locks. METRO



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'100 in 1' ways to have fun

100 IN 1 DAY

Festival asks each event to improve city

Rebecca Joseph
For Metro | Halifax

What do a pile of garbage shaped like a wave, a yoga class at an urban farm and a city built out of Lego have in common?

They're all designed to bring Haligonians together during the 100 in 1 Day festival on Saturday.

100 in 1 Day is "a celebration of active citizenship," Halifax project lead Julia Kemp said Thursday. "It's a chance to contribute and shape the community."

The festival is an all-day celebration, with the goal of organizing 100 free community events throughout the city.

Those include the Wave of

Waste, which aims to build a replica of the iconic statue of a wave on the waterfront from pieces of marine waste.

The events are supposed to each take one small action to improve the city, Kemp said. Participants are encouraged to "think globally and act locally."

Kemp works for Evergreen, the non-government organization planning the event in four cities in Canada, but the original concept started in Bogotá, Colombia, in 2012.

The event was so successful in its first year, it quickly went global. In 2014, there were 26 celebrations worldwide. This

year, Kemp said, she's expecting the number to be exponentially higher.



This is about uniting the citizens of Halifax.

Julia Kemp, local project lead

This is Halifax's second year participating. Last year, there were 53 registered events, the largest number of events per capita in Canada, Kemp said.

As of Wednesday, there were 97 events registered. A full list can be found at 100in1Day.ca.



Cranes dangle from a North Street bus shelter last month, done in preparation for Saturday's event. The local project lead is expecting far more attendees than last year. JEFF HARPER/METRO

5 TO SEE

1 WAVE OF WASTE

Halifax Waterfront,
9 a.m. – 4:30 p.m.

2 YOGA ON THE FARM

Common Roots Urban Farm,
9:30 a.m. – 10:30 a.m.

3 BUILD A CITY OUT OF LEGO

Musquodoboit Public Library,
10:30 a.m. – 1:30 p.m.

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NOV. 22

Kids: Bubble Guppies Live! show on the way

Parents, the popular show Bubble Guppies is bringing a live show to Halifax this fall.

Bubble Guppies Live! Ready to Rock is a musical show that will play at the Rebecca Cohn Auditorium for two shows on Sunday, Nov. 22.

The first show is at 1 p.m., and there is a second performance at 4 p.m.

It will feature familiar characters such as Mr. Grouper, Molly and Gil, and continue to combine an educational aspect along with the enter-

tainment value.

The show won't be limited to the stage. It will also span the entire theatre, giving the children in the audience a chance to interact with the performers, according to a news release sent by Sonic Concerts.

Tickets go on sale June 12, and are available at the Dalhousie Arts Centre box office. Advance tickets are \$26.50, and they are \$31.50 on day of the show.

REBECCA JOSEPH/FOR METRO



The popular Bubble Guppies will bring a live musical to Halifax for two shows on Nov. 22. CONTRIBUTED

PILOT PROJECT

Picnic tables built to offer accessibility

Visitors to Grand Parade in Halifax may have spotted a new bright blue picnic table near the flagpole.

The table, with its extended surface, is longer than most, and allows comfortable seating for people in wheelchairs or with other physical challenges, who cannot use the benches.

The accessible picnic table

is part of a pilot project by the city's department of transportation and public works, and is one of three that will be popping up around the city this summer.

The other tables are planned to go in Victoria Park on Spring Garden Road and in Alderney Landing in Dartmouth.

METRO



The infamous multi-level Cogswell Interchange will be replaced with a mixed-use pedestrian-friendly space. METRO FILE

Interchange plan wins national prize

URBAN RENEWAL

Halifax firm's idea would raze 'road to nowhere'

Rebecca Joseph
For Metro | Halifax

A proposed plan for the Cogswell Interchange is getting some national recognition.

Cogswell Transformed: A Plan for the Redevelopment of the Cogswell Interchange was created by Halifax-based Ekistics Planning & Designs in April 2014, and won the Neighbourhood Planning award from

the Canadian Institute of Planners (CIP).

"It's an exciting award to win," said Rob Leblanc, CEO of Ekistics.

"It's nice to have a national award to come back to the Maritimes instead of Toronto or B.C."

Leblanc's plan suggests tearing down the city's infamous "road to nowhere" and replacing it with a mixed-use pedestrian-friendly space.

He said it won because it's an innovative design that spruces up a "leftover concept from the '60s" that doesn't serve any purpose.

"It has an active transportation trail from the bridge to downtown," Leblanc explained. "It has a transit hub, and lots

of open spaces."

It also has exciting new sustainable energy projects incorporated, like using waste heat from surrounding plants to power the new buildings.

The design was the first phase of the Cogswell Interchange Land Plan.

HRM operations support director Jane Fraser said the

city is in the process of hiring a project director. Once the director is hired, the project will enter a 19-month detailed design phase.

Construction and demolition would start shortly after that.

The project is among 12 planning projects receiving an Award for Planning Excellence from the CIP this year.

The winning projects were chosen by a jury of 12 professional planners and were based on 12 categories such as Public Engagement, Sustainability, and Innovation and Contribution to the Profession.

Leblanc will head to Saskatchewan at the end of the month, where the awards will be given out during the CIP national conference.



(The award) vindicates all the people who put so much energy into the project.

Rob Leblanc

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Hailey Thomas poses for a photo in front of Prince Andrew High School in Dartmouth on Thursday. JEFF HARPER/METRO

Student 'sparking conversation'

SCHOLARSHIP

Teen raises awareness of sexualized violence



Kristen Lipscombe
Metro | Halifax

Before Dartmouth teen Hailey Thomas found out a female family member had fallen victim to human trafficking, she didn't realize just how close to home this horrific crime could hit.

But now that she knows, the 18-year-old Prince Andrew High School international baccalaureate student is doing something about it – by raising awareness about just how common human traf-

ficking is right here in Nova Scotia.

"Becoming involved with this was kind of a healing process," Thomas said Thursday of learning about her relative, whom she said is safe now.

"So as I learned more about it, I was very flabbergasted to find out that this happens so much, not just in Nova Scotia, but in HRM."

Thomas, who graduates from Grade 12 this year, has been awarded a major post-secondary scholarship from TD Bank Group, much in part because of her efforts to shine a light on sexualized violence. She participated in a one-day conference last fall that drew

1,000 attendees — some of whom were brought to tears by what they heard.

"This is happening in high schools; girls are being 'recruited,'" Thomas said. "A lot of them don't know that their special boyfriend is actually fully coercing them into this lifestyle."

"There's a huge line from Halifax to Toronto," she added. "A lot of girls are being travelled from small towns in HRM and up to the city and away from their family; it's horrible."

The conference featured speakers from local women's groups, and a human trafficking survivor who shared her

story with students.

"You always have those couple guys in the back who are just talking about whatever, but I actually ended up walking back there, and they were talking about what they were hearing, which ... is ultimately what I was aiming for," she said.

"Sparking conversation."

Thomas ended up working part-time at Avalon Sexual Assault Centre in Halifax, running youth workshops, and spun the conference into a human trafficking awareness group at school.

"Hailey is a brilliant young woman who has taken extraordinary leadership on issues related to sexualized violence," Avalon Centre education co-ordinator Jane Gavin-Hebert said Thursday.

"It's been an honour to work with her, truly."

+ HUMAN TRAFFICKING, DEFINED

Human trafficking involves any person or group who recruits, transports, transfers, receives, holds, conceals, or harbours a person, or exercises control, direction, or influence over

the movements of a person or people for the purposes of exploiting them, or facilitating their exploitation."

NOVA SCOTIA ADVISORY COUNCIL ON THE STATUS OF WOMEN

Thomas has also stayed involved with student council, her school's gay-straight alliance and Halifax non-profit group The Youth Project, which supports local LGBTQ young people.

She's one of 20 TD Scholarship recipients across the country, with each getting up to \$70,000 for tuition and living expenses.

She'll receive about \$7,500 annually, in addition to summer employment with TD

Bank Group for four years.

The scholarship will allow Thomas to travel Europe this summer and study criminology at the University of Toronto starting this fall, she said.

"It's such a big city. They do have organizations that focus exclusively on human trafficking, so I'm hoping to become involved with that and hopefully when I come back to Nova Scotia, I can bring that back with me," Thomas said.

I just really want to help people and make a difference.

Hailey Thomas, 18, of Dartmouth



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SCIENCE & TECHNOLOGY GOING UNDERGROUND Andrea Durfee of the Discovery Centre demonstrates a full-size model of a submersible vehicle on Thursday. The sub is part of the centre's new Ocean Bound exhibit which has its grand opening this weekend. JEFF HARPER/METRO

Nurses seek voice in federal election

UNIONS

Meetings in Halifax train members to raise concerns

A national nurses' union is gearing up for the federal election by training members to spread the message about health care and push campaigning politicians to make it a priority — or risk losing votes.

Linda Silas, president of the Canadian Federation of Nurses Unions, said Thursday that for the first time, the group is educating hundreds of members about certain health issues so they can talk with co-workers, neighbours and political candidates.

"Now we're taking a stand — we're telling you we need to act and act fast," she said at a conference in Halifax.

"Nurses are very particular that they want their union to

remain non-partisan Now our members have accepted (that) we will lose our Canadian health-care system."

Silas said many of the 1,000 nurses at the gathering this week are being trained to discuss the unions' priorities ahead of the federal election this fall. That includes health care financing, a national prescription drug care program and safe care for seniors.

She said she's not asking nurses to support a particular political party, but to elevate health care as a central campaign issue by questioning candidates on whether they support their concerns.

If not, Silas says, the 200,000 members should look elsewhere politically.

"If they don't commit to concrete action, they're not getting our support and we will publicly denounce them," she said.

The federation is also for the first time planning to apply for third-party status, which will allow it to run ads

“

We need nurses to start holding MPs or future MPs accountable.

Janet Hazelton

throughout the campaign.

She said the federation will use social media and ads to spread the message about reductions in federal health-care funding.

Janet Hazelton, president of the Nova Scotia Nurses' Union, said this is a different approach for nurses, who tend not to align with a particular political party.

But she said calls for Ottawa to restore funding and stop downloading responsibility for health care to the provinces are driving nurses to get involved.

"We've never done it before — this is a new game for us, but we have to," she said.

THE CANADIAN PRESS

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Dogg loose in Trailer Park

TELEVISION

Stars come out for 10th season of Trailer Park Boys series

To have celebrities making an appearance in the 10th season of the Trailer Park Boys is something "pretty cool," said Bubbles.

Bubbles, the character portrayed by Mike Smith, is one of the series' main characters and will be in Colchester County until mid-July for filming.

"Snoop Dogg is here, along with Tom Arnold and Doug Benson, and Jimmy Kimmel will be doing something in L.A. from the studio for the season," he said.

"It's pretty cool. We've known, or met, Tom and Jimmy a few years ago, and Snoop and Doug last year," he continued. "We never expected to have them on the show, but we threw it out there. Tom told us long ago he'd love to be on the show."

"We were able to come up with a story to conceivably land them all here at the same time."

Smith, whose character is a kitty lover with coke-bottle glass-



Gary Howsam, producer, walks with Snoop Dogg. TRURO DAILY NEWS

es, and his fellow cast mates JP Tremblay (Julian) and Robb Wells (Ricky), have been vocal in the past two months after the provincial government announced changes to the Film Tax Credit.

"It's huge for us to be able to come back here, where we

shot the last two seasons. Next year we might not be able to," said Smith.

"Absolutely we'd love to come back. I'd hate to have to go somewhere else because of the changes to the Film Tax Credit."

TRURO DAILY NEWS



Bubbles (Mike Smith), from left, Julian (JP Tremblay), Ricky (Robb Wells), and Tom Arnold catch a quick break between filming in the Bible Hill Estates on Thursday. TRURO DAILY NEWS

+ BACKGROUND

Snoop Dogg talks Truro, love for Trailer Park Boys

Legendary rapper, actor and entrepreneur Snoop Dogg was in town this week to film episodes of the Trailer Park Boys.

"I just love the show in general," he said, while standing next to Mike Smith, who broke in and out of his Bubbles character as Snoop cracked him up.

He told reporters he came to Sunnyvale to visit his "cousin," Bubbles.

Sticking together as family has been a storyline throughout the series, and one that made Snoop a fan in the first place.

"I love the way the fellas are all a big family and they love to have fun and not afraid to be themselves," he said.

Fans staked out the set all day to catch a glimpse of the rapper, a reaction he says he's thrilled by.

"It's just people. People love to be entertained by the people that they love, so I'm just here to give them what they want."

TRURO DAILY NEWS

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A sign warns pedestrians about crow attacks in the 800-block of Richards Street in downtown Vancouver. JENNIFER GAUTHIER/METRO

Attacking crows leave her cawed

NESTING SEASON

Dive-bombing birds have drawn blood



Thandi Fletcher
Metro | Vancouver

A Vancouver woman can't keep count of the crows that have dive-bombed her in the past two years.

Sophia Lindgren says she is almost frightened to walk outside after the black birds have aggressively attacked her at least eight times in different parts of the city.

"They dive bomb at me," she told Metro. "It goes back and forth and goes 'Caw! Caw!' and it kind of swoops right over my head, and sometimes it scratches me."

The first attack happened in May last year when Lindgren was walking out of her home in Mount Pleasant. Then

it happened again in Kitsilano, Strathcona and Richmond. After nesting season ended, Lindgren forgot about the attacks. But last week, she said it started again.

In one attack, she said a crow scratch left her bleeding. Although she wasn't seriously injured, the repeated incidents are becoming "freaky," she said.

"I don't think it's a personal vendetta," she said. "I don't think I've done anything to piss off a crow, but I don't know."

Derek Matthews, chairman of the Vancouver Avian Research Centre, said it's possible that at some point Lindgren did do something that has crows holding a grudge against her.

"If she flapped at them or shooed them away, it's possible she's been marked," he said.

Matthews pointed to several studies by University of Washington biologist John Marzluff who found crows remember individual human faces.

George Clulow, president of B.C. Field Ornithologists, said crows also mark someone as a threat if they observe another

“

If she flapped at them it's possible she's been marked.

Derek Matthews

crow attacking someone who gets too close to a nest.

"It's their form of communicating concerns with an individual through their behaviour," he said. "They retain that memory for a while."

During nesting season, Matthews said crows go to great lengths to protect their nest because the birds have invested a lot of time into their young. When a human or animal gets too close to the nest, Matthews said crows will do everything they can to protect their young. "The best thing that (Lindgren) can do if she doesn't want to move out of the city is to have a few unsalted peanuts in a shell and toss it to them."

"As soon as they do that, the paradigm definitely shifts."



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Harbour Isle is a 22-acre oceanfront community located on Halifax Harbour. The landmark Seapoint Condominium is launching soon and will offer unparalleled value to Halifax condo buyers.

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EXPENSE SCANDAL

Auditor general nitpicking: Senator

Three of the Senate's most influential members have been found by the auditor general to have made ineligible expense claims, but one of the trio, Speaker Leo Housakos, says Michael Ferguson is being "nit-picky."

Housakos and James Cowan, the Liberal leader in the Senate, confirmed Thursday that they're among the 21 senators deemed by Ferguson to have made questionable claims.

Claude Carignan, government leader in the Senate, also made the list, sources familiar with the contents of the audit said.

Cowan said his case involves just over \$10,000 worth of travel claims, over which he said he's having a "respectful disagreement" with Ferguson. Housakos said he also disagrees with some of Ferguson's findings.

Housakos said the auditor general is also challenging him on about \$6,000 worth of contracts

PROBE

In addition to the 21 senators, Ferguson has deemed spending by another nine — two current and seven former — to have been egregious enough to warrant RCMP investigation.

he issued rather than hire a full-time policy adviser. Ferguson had taken exception to the wording of the contracts, but Housakos said he plans to appeal the decision.

"I think the auditor is being, in my particular case, nit-picky," Housakos said, arguing that his contracting arrangements actually saved the Senate money.

The Senate received Ferguson's report, which is about 120 pages, Thursday afternoon.

THE CANADIAN PRESS



ANNIVERSARY FALLEN MONCTON SOLDIERS REMEMBERED

A concept for a memorial is seen at a ceremony marking the one-year anniversary of the shooting deaths of Constables David Ross, Fabrice Gevaudan and Doug Larche, on Thursday in Moncton, N.B.

The federal budget tabled in April allocated up to \$1 million for the memorial, which will be placed in a waterfront park. The force has been criticized for not properly equipping its officers with adequate training and resources, such as patrol carbines. Still, RCMP Assistant Commissioner Roger Brown says the force in Moncton has better equipment than it had a year ago.

PHOTO: ANDREW VAUGHAN/
THE CANADIAN PRESS

TEXT: THE CANADIAN PRESS

ELECTION

Senator aims to get ad costs disclosed

Federal political parties are being challenged to publicly disclose how much taxpayer-subsidized money they're spending on advertising during the unregulated pre-election season.

The advent of fixed dates for federal elections has turned the months leading up to the Oct. 19 national vote into a spending free-for-all.

Sen. Dennis Dawson says that makes a mockery of the strict spending limits imposed during election campaigns, which are meant to reduce the influence of money and level the playing field for all parties.

Dawson, who sits as a Liberal senator, had hoped to compel parties to disclose how much they spend on advertising in the three months before an election



If you're going to be buying them, at least tell them how much you paid for them.

Sen. Dennis Dawson

is formally called, and to have that count against their campaign spending limit.

But two attempts to pass a private member's bill to that effect have gone nowhere.

So Dawson is now calling on the parties to voluntarily disclose how much they spend on advertising in the three months before the writ is dropped for the October vote. THE CANADIAN PRESS

IN BRIEF

Parliament guards OK with report's findings

The guards who patrol the interior of the Parliament Buildings say they know things need to change in the wake of the Oct. 22 shootings last year. But the House of Commons Protective Services union says they're satisfied that a report released Wednesday suggests they did their jobs properly. The Ontario Provincial Police report said that the RCMP could have stopped Michael Zehaf Bibeau, but for a series of miscues. THE CANADIAN PRESS

Minister calls ad campaign 'irresponsible'

Calling it "irresponsible," the Veterans Affairs Minister Erin O'Toole is accusing the Public Service Alliance of Canada of trying to mislead people with a new ad campaign about mental-health services. PSAC uses stories of veterans to highlight what it says is the impact of the closure of veterans' services offices. The union says that the mental-health troubles of veterans are exacerbated by the fact that they cannot get in-person services. THE CANADIAN PRESS

Anti-terror efforts get funding boost

CSIS

Canada's spy agency among beneficiaries

Prime Minister Stephen Harper played up his tough-on-terrorism credentials Thursday, announcing a trifecta of measures aimed at beefing up the country's ability to thwart violent jihad.

The measures, some previously announced in the budget, include more money for Canada's spy agency and more scrutiny of foreign visitors.

"Jihadi terrorists have threatened Canada and Canadians by name and with a clarity that

leaves no room for doubt," Harper told a room filled with hand-picked observers.

"We are increasing our capacity to detect terrorists and terrorist plots, to choke off the financing that supports them, and to secure our borders against known and suspected terrorists who wish to enter."

Among those on hand for the pre-election announcement at a Toronto north-end hotel were victims of terrorism, including Cindy Barkway, whose husband Dave died in the 9/11 attack on the World Trade Centre in New York.

During his speech, Harper repeated a familiar refrain: that his Conservatives are the only

party that can be counted on to protect the security interests of Canadians. Under the new measures, the federal government will commit \$137 million more over five years to Canada's Security and Intelligence Service (CSIS), along with \$41 million more a year afterward.

The additional funding, Harper said, would allow CSIS to beef up its frontline capacity to counter terrorist threats and activities.

Some experts, however, have argued the earmarked money simply isn't much given the current threat environment, especially with legislation giving the agency more power to stop Canadians from joining

DETAILS

Recognizing that terrorists "need cash," Harper also announced that Canada's tax authorities will put more emphasis on uncovering terror-related financing and the charities and organizations behind the money flow. The government also plans to expand biometric screening of foreign citizens coming to Canada.

terror groups abroad, disrupt bank transactions, and secretly interfere with radical websites.

THE CANADIAN PRESS

LONG-GUN REGISTRY

Law changes will 'effectively erase history'

Gun owners may never know if their registration records have been secreted away by the RCMP once the Conservative government creates what the federal information commissioner is calling a legislative "black hole."

The explosive allegation from Suzanne Legault came as she pleaded with parliamentarians to strip retroactive gun-registry changes from an omnibus budget bill in order to avoid setting a "dangerous precedent" for Canadian democracy.

And in a signal of non-confidence in both the RCMP and the

If the government's position and the RCMP's position is that everything that happened is way above board ... then let the police investigate the matter.

Suzanne Legault, Information Commissioner



Harper government, Legault filed a preservation order Wednesday in Federal Court to prevent the government from destroying more contested gun-registry records. Amendments buried in the latest omnibus budget bill go far beyond the original 2012

law to simply end the long-gun registry and delete the records, Legault told the Senate finance committee.

"It will effectively erase history," said Legault while disputing government claims the changes merely close a "bureaucratic

loophole."

"Rather," she said, "it is an attempt to create a black hole."

At issue are legal changes — backdated to the day in 2011 that the bill to end the gun registry was first introduced rather than when it actually passed — that will exempt and nullify not just registry data from the Access to Information Act, but all documents related to the registry's destruction. The unprecedented rewrite of the law also nullifies any jurisdiction over the documents for Legault and even the Federal Court. THE CANADIAN PRESS

MacKay rejects safe injection sites

MONTREAL

Federal justice minister vows no exemption for drug use

The federal justice minister said his government will uphold Canada's drug laws in response to Montreal Mayor Denis Coderre's commitment to proceeding with safe injection sites with or without Ottawa's blessing.

The Conservative government is focused on treating

drug addicts as opposed to making "more available access to often illegal drugs," Peter MacKay said Thursday.

Earlier in the day, Coderre said the city will open supervised injection facilities — where people can inject drugs without fear of arrest — regardless of what Ottawa says about it.

Coderre said the project has been approved by Montreal city council and the provincial government, and Montreal police have been consulted.

The federal government must grant an exemption under the Controlled Drugs

“This is not about politics, this is about health care.”
Mayor Denis Coderre

and Substances Act in order for a safe injection site to operate.

Quebec officially asked for the exemption at the beginning of May, but Ottawa has been publicly and strongly opposed to granting licences for facilities where people can inject drugs legally.

The only supervised injection

facility in Canada is in Vancouver.

In 2011, the Supreme Court of Canada ruled that denying citizens access to safe injection sites was unconstitutional because it deprives people of potentially life-saving medical care.

MacKay said his government wants to ensure the communities located around proposed injection sites are consulted and "it's clear our intent is to uphold the law."

"This is not about politics," said Coderre. "This is about health care."

THE CANADIAN PRESS

RESIDENTIAL SCHOOLS

Couillard agrees on 'cultural genocide'

Quebec's premier agrees with the assessment of the Truth and Reconciliation Commission that Canada's aboriginals were victims of a cultural genocide.

Philippe Couillard said the residential schools regime could "certainly" be described as a cultural genocide of the First Nations.

Couillard shares the view of the commission which this week described cultural genocide as the destruction of structures and practices that allow the country's aboriginals to continue as a group.

"We have to acknowledge that there was unfortunately in our country an organized and deliberate attempt to erase the culture, the identity and language of the First Nations," he said. "One has to recognize this. As a mature people, we should be able to say, 'Yes, this happened.'"

While refusing to criticize the attitude of Prime Minister Stephen Harper, who has avoided using the two words, Couillard said he is hoping for greater awareness in Canada about the aboriginal question.

THE CANADIAN PRESS

WOMEN IN CRISIS

Shelter info now a mouse-click away

A new website aims to give Canadian women and children seeking shelter from domestic abuse a one-stop connection to help.

The Shelter Safe website sheltersafe.ca provides a clickable map of roughly 400 shelters across Canada, as well as 24-hour contact information and links to the shelters' websites.

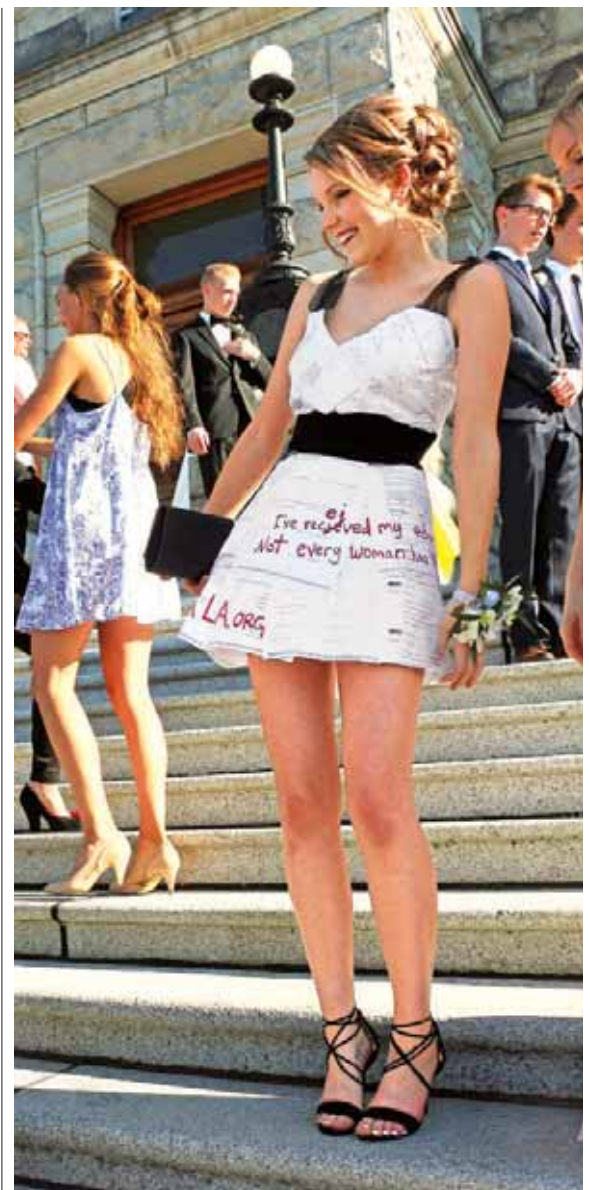
The group behind the site said the map doesn't reveal the exact location of shelters in order to protect women's safety, but allows those seeking help to get in touch with facilities quickly and easily.

The Canadian Network of Women's Shelters and Transition Houses said women don't have to stay in the shelters to make use of the services they can offer, such as counselling, safety planning and advice on navigating the legal system.

The organization's executive director, Lise Martin, said the site will show women in crisis that there is a network of support they can rely on.

"In a time of crisis, you really can't afford to be scrambling around," said Martin.

THE CANADIAN PRESS



NOTABLE A LESSON IN GOODWILL Erinne Paisley, in Victoria, turned math notes into a grad dress. She's auctioning it online to raise money for the Malala Fund. THE CANADIAN PRESS

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Young Iranians touch the sky

EXTREME SPORTS

Slacklining catching on in mountainous, arid nation

Kiavash Sharifi can hardly describe the feeling of tip-toeing across an abyss on a thin ribbon that bends ever so slightly downward.

The 22-year-old is one of a growing number of Iranians embracing the extreme sport of slacklining — a high-wire walk on a flat line of webbing strung between rocks or trees up to 60 metres above the ground. The webbing provides slightly more stability than a round cord but is also bouncier.

"It is very exciting. I'm short on words when I want to describe how it feels when you are on the webbing, and how it feels when you manage to walk the whole line and reach the other end," Sharifi said. "When you are on the webbing you don't notice anything else."



In this picture taken on May 28, Iranian slackliners Kiavash Sharifi, left, and Mohammad Reza Abaee walk on a line anchored between two rocks for a practice near the city of Arak, 330 kilometres southwest of Tehran. VAHID SALEMI/THE ASSOCIATED PRESS

On a recent day, Sharifi and his friends gathered in the mountains outside Tehran, with the capital skyline serving as a backdrop. They strung a 10-metre strip of webbing between two rocks 30 metres

above ground.

At this point they are largely unfazed by the danger and laughed and joked as they took turns inching across. One of them placed his hands on the line and lifted himself up with

just his arms. Then he leaned back on the line as if using it as a hammock.

"When I'm walking on the highline I have a very good feeling. I feel free. I'm free from all preoccupations, and

it is very enjoyable," said Mohammad Reza Abaee, at 23 the most experienced of the group. High-altitude slacklining is known as highlining.

"My biggest dream is to do a BASE jump from the highline,"

+ BACKGROUND

Making do

Iran Slackline is a group of friends who have had to find their own footing in a country with no formal institutions for the sport. They must make much of their equipment by hand or acquire it abroad — including safety devices.

THE ASSOCIATED PRESS

he said, referring to another extreme sport in which one jumps from a high-altitude stationary object and glides to the ground with a parachute or wingsuit.

Samaneh Hassanzadeh has only been slacklining for a few weeks, learning on a line that is just a foot above the ground. Her twin sister Samira is also exploring the sport.

"It helps one achieve great concentration," Samaneh said. "It is both exciting and helps you concentrate. It's perfect, when you are on the line you don't want to step down."

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No persecution, Myanmar says

HUMANITARIAN CRISIS

Minister insists refugees seek jobs, not political safety

Myanmar said Thursday that thousands of migrants left the country to seek better jobs elsewhere, and were not fleeing persecution, a day after bringing to shore about 730 migrants, the latest arrivals in Southeast Asia's ongoing crisis.

Foreign Affairs Minister Wunna Maung Lwin's remarks were Myanmar's latest denial of any blame for the humanitarian crisis. More than 4,600 desperate and hungry boat people have been rescued in five countries since early May after a regional crackdown on smugglers prompted some captains to abandon their human cargo at sea.

The United Nations has said about half of those who have come ashore were Rohingya Muslims fleeing persecution in Myanmar, and the rest were Bangladeshis escaping poverty. "It is not true that the mi-



In this photograph taken May 28, Rohingya migrant women from Myanmar stand at a confinement camp in Indonesia's Aceh province after Indonesian fishermen rescued about 400 Rohingya migrants from Myanmar and Bangladesh from a boat on May 20, 2015 off the eastern coast of Aceh. CHAIDEER MAHYUDDIN/AFP/GETTY IMAGES

grants from Myanmar fled because of discrimination or persecution in Myanmar," the foreign minister said during a briefing to foreign diplomats about the crisis. "They are just the victims

of human smugglers."

"These are migrants who are seeking better jobs in other countries," he added.

Myanmar authorities intercepted boats packed with more

than 730 people and brought the group ashore Wednesday in western Rakhine state, said Wunna Maung Lwin. Those on board included 611 men, 72 women and 51 children whose

nationalities the government was still verifying, he said.

"Those who are verified as citizens of Bangladesh will be sent back to their country starting Sunday," he said. "Myanmar is

66

Myanmar is not in a position to give assistance to the migrants long term, as it is a developing country.

Foreign Affairs Minister
Wunna Maung Lwin

not in a position to give assistance to the migrants long-term, as it is a developing country."

UN agencies and other groups said they were not getting full access to the verification process, which is seen as crucial to ensure that Myanmar is not falsely labelling Rohingya on the boat as citizens of Bangladesh.

The UN has called the Rohingya one of the world's most persecuted minorities.

Myanmar denies the existence of the Rohingya, whose population in Rakhine state is estimated at 1.3 million people. The government says they are all "Bengali," implying they are illegal immigrants from Bangladesh. THE ASSOCIATED PRESS

MUHAMMAD CARTOONS

Dutch Muslims used to insults

Moderate Dutch Muslims on Thursday called anti-Islam lawmaker Geert Wilders's plan to broadcast cartoons of the Prophet Muhammad on national television a provocation.

There were no signs of outrage or unrest, the day after Wilders announced his plan to use airtime granted to political parties to show cartoons from a contest in Texas last month that was targeted by two armed attackers. Wilders spoke at the contest in Garland, but left before the foiled attack in which

both gunmen were shot dead.

Islamic tradition holds that any physical depiction of the Prophet Muhammad is blasphemous. It appears, however, that Muslims in the Netherlands may be growing accustomed to Wilders' fierce criticism of their faith.

Muslims in the Netherlands "are no longer easy to offend," said lawyer Ejder Kose, who once represented a Muslim organization that tried unsuccessfully to ban a short film made by Wilders.

Wilders' anti-Islam rhetoric has in the past sparked outrage around the Muslim world and prompted death threats that have led to him living under round-the-clock protection.

Yassin Elforkani, spokesman of the Contact Group for Muslims and Government, agreed that people are growing accustomed to Wilders.

"It is provocation from Mr. Wilders that we have been used to for years," Elforkani said in a telephone interview.

THE ASSOCIATED PRESS

VENEZUELA

Hunger strikers risking lives

A hunger strike by two high-profile imprisoned politicians is generating excitement among members of a Venezuelan opposition that has seemed mostly disengaged since 2014's fiery protests.

Seven students have even spent the past week camped out in the dusty front yard of a Caracas church drinking nothing but water and Pedialyte in sympathy with jailed former mayors Leopoldo Lopez and Daniel Ceballos, who announced their hunger strike on May 23. "We have to be the public

face," said 28-year-old Julio Rivas, who was clammy and red-eyed after eight days of fasting. "We know people can't see Lopez and know that he's wasting away. So we're taking up his cause."

Lopez, 44, announced the hunger strike via a video leaked from a military prison. He has been jailed for 15 months on charges related to his role in leading sometimes bloody protests against Venezuela's socialist administration in the spring of 2014.

He and Ceballos, 31, are demanding the release of jailed op-

position leaders like themselves whom human rights groups consider political prisoners. They also are calling on officials to set a date for legislative elections that the law dictates must be held before the end of the year.

Their families say the men are drinking only water and a nutrient serum, though officials have not confirmed this. Lopez's family says he has lost more than 10 pounds and was brought to a Monday court date in an ambulance. Ceballos' supporters say his health also has deteriorated. THE ASSOCIATED PRESS

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U.S. deliberates after Russia's alleged nuclear treaty breach

OBAMA ADMINISTRATION

Option to deploy missiles in Europe on the table

The Obama administration is weighing a range of aggressive responses to Russia's alleged violation of a Cold War-era nuclear treaty, including deploying land-based missiles in Europe that could pre-emptively destroy the Russian weapons.

This "counterforce" option is among possibilities the administration is considering as it reviews its entire policy toward Russia in light of Moscow's military intervention in Ukraine, its annexation of Crimea and other actions the U.S. deems confrontational in Europe and beyond.

+ MOSCOW

The U.S. and its Western partners have tried to use economic and diplomatic leverage against Putin on a range of conflicts, including Ukraine. But they also recognize that Moscow still plays an important role in international affairs, including the nuclear talks with Iran that are among President Barack Obama's highest foreign policy priorities.



In this Dec. 24, 1997, file photo, soldiers prepare to destroy a ballistic SS-19 missile in the yard of the largest former Soviet military rocket base in Vakulenchuk, Ukraine. The Obama administration is weighing a range of aggressive responses to Russia's alleged violation of a Cold War-era nuclear missile treaty. THE ASSOCIATED PRESS FILE

The options go so far as one implied — but not stated explicitly — that would improve the ability of U.S. nuclear weapons to destroy military targets on Russian territory.

It all has a certain Cold War ring, even if the White House ultimately decides to continue tolerating Russia's alleged flight-testing of a ground-launched



All the options under consideration are designed to ensure that Russia gains no significant military advantage from their violation.

Pentagon spokesman Lt. Col. Joe Sowers

cruise missile with a range prohibited by the treaty.

Russia denies violating the treaty and has, in turn, claimed

violations by the United States in erecting missile defences.

It is unclear whether Russia has actually deployed the suspect missile or whether Washington would make any military move if the Russians stopped short of deployment. For now, administration officials say they prefer to continue trying to talk Moscow into treaty compliance.

In public, administration officials have used obscure terms like "counterforce" and "countervailing strike capabilities" to describe two of its military response options, apparently hoping to buy time for diplomacy.

At his Senate confirmation hearing in February, Defence Secretary Ash Carter noted his concern about Russia's alleged violation of the 1987 Intermediate-range Nuclear Forces, or INF, treaty. He said disregard for treaty limitations was a "two-way street" opening the way for the U.S. to respond in kind.

The standoff speaks volumes about the depths to which U.S.-Russia relations have fallen. And that poses problems not only for the Obama administration but also for the NATO alliance, whose members in eastern Europe are especially leery of allowing Russian provocations to go unanswered.

Western leaders are meeting Sunday and Monday for a G-7 summit — from which Russian President Vladimir Putin has been excluded — where Russian aggression will be a key topic.

THE ASSOCIATED PRESS

GHANA

Death toll climbs in gas station explosion

The death toll from a huge gas station explosion and flooding in Ghana's capital has more than doubled to 150 people, the president said Thursday night.

Dozens of people had sought shelter at the gas station and in nearby shops in central Accra to escape the torrential rains at the time of Wednesday night's blast. Flooding swept fuel being stored at the station into a nearby fire, triggering the explosion that also set ablaze neighbouring buildings, officials said.

The West African nation will observe three days of mourning with flags flying at half-staff, and the government will allocate about \$12 million for relief operations and to repair damaged infrastructure, President John Dramani Mahama told journalists before heading into an emergency meeting.

Before Mahama's announcement, the death toll stood at 73.

TV footage earlier Thursday showed corpses being piled into the back of a pickup truck and other charred bodies trapped amid the debris. Floodwaters around the site hampered rescue and recovery efforts.

Officials at the nearby 37 Military Hospital said its morgue had reached capacity.

Mahama visited the blast site during the day, calling the death toll "catastrophic" and offering condolences to families of the victims. "Steps will be taken to ensure that disastrous floods and their attendant deaths do not occur again," he said.

THE ASSOCIATED PRESS

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TECHNOLOGY INFLUENTIAL VIDEO GAMES ENTER HALL OF FAME In this May 17, 2015 photo provided by the Strong Museum in Rochester, N.Y., video games that were inducted into the World Video Game Hall of Fame on Thursday are shown. The new inductees included Pong, Doom, NES classic Super Mario Bros., Pac-Man, Tetris and World of Warcraft. Nominations for the Hall of Fame's next class are open from now until the end of March 2016.

BETHANY MOSHER, THE STRONG MUSEUM/THE ASSOCIATED PRESS

ADVERTISING

Tims removes Enbridge ads

Tim Hortons has brewed up controversy for its decision to yank ads by pipeline giant Enbridge Inc. from its in-store screens.

On Thursday morning, the coffee-and-doughnut purveyor re-

sponded to complaints about the ads on Twitter, telling individual users: "We value your feedback and the Enbridge advertisements are no longer airing on Tims TV." Calgary Conservative MPs

like Jason Kenney, Michelle Rempel and Joan Crockett took the chain to task on Twitter.

Tim Hortons declined to comment.

THE CANADIAN PRESS

INDUSTRY

Saskatchewan won't review oil rates: Wall

Saskatchewan Premier Brad Wall is using the NDP's pending royalty review in Alberta to pitch his province to the oil industry.

In a speech to an industry audience in Weyburn this week, Wall promised his government has no plans to review the rates it charges oil

companies in Saskatchewan.

With oil prices currently hovering around \$60 US a barrel, the industry doesn't need any instability, Wall said.

"We like where royalties are at," he told reporters at the Saskatchewan Oil and Gas Recognition Awards. "We want to tell the industry,

whatever may be happening in the rest of the country, they can expect ... stability here."

Wall, whose right-leaning party is opposed by the NDP in the legislature, said Saskatchewan will use the promised review in Alberta to tout investment opportunities in his province.

Bell boss' remarks upset Netflix users

TECHNOLOGY

President faces social media backlash over VPN comment

The new head of Bell Media is facing a negative reaction across social media after saying it should be socially unacceptable for Canadians to use technological tricks to access U.S. Netflix.

Mary Ann Turcke told a Toronto telecom conference on Wednesday that using virtual private networks to view content not available in Canada should become taboo.

"It has to become socially unacceptable to admit to another human being that you are VPNing into U.S. Netflix, like throwing garbage out your car window — you just don't do it," she said.

"We have to get engaged and tell people they are stealing. When we were young and made the error of swiping candy bars

at the checkout of the grocery store, what did our parents do? They marched us back in, humiliated us, told us to apologize to the nice lady and likely scolded us on the way home."

Turcke, who recently replaced Kevin Crull as the company's president, recalled reprimanding her 15-year-old daughter over the teen's use of a VPN to watch the American version of Netflix.

Turcke criticized newspapers for publishing how-to articles she said were "educating the masses on how to get around copyright law."

Many scoffed at her comments on social media, calling them out of touch and unrealistic.

"What is this, opposite day? The only people not using a VPN to use Netflix are those who

don't know how," one tweeted. "I gladly do it, and lots of us did it when working for Bell. Offer choice or I'll choose for myself," wrote another.

A few sided with Turcke, accusing those who defended the practice of making excuses for their bad behaviour.

"You can rationalize accessing foreign versions of Netflix all you want. The law is on Bell's side and your skirting these restrictions isn't the equivalent of Rosa Parks," another commenter wrote.

VPNs allow users to mask the location of their IP address, circumventing geographic restrictions on online content.

A spokesman for Bell Media said Turcke would not be available for comment on Thursday.

THE CANADIAN PRESS



It has to become socially unacceptable to admit to another human being that you are VPNing into U.S. Netflix.

Bell Media President Mary Ann Turcke

IN BRIEF

Canada files tariff request against U.S. with WTO

Canada has filed a request with the World Trade Organization to impose \$3 billion a year in tariffs on the U.S. as part of an ongoing trade dispute. The issue stems from U.S. rules requiring that the origins of meats be labelled on the packaging. THE CANADIAN PRESS

market minute

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ROSEMARY WESTWOOD

metroview

The new definition of masculinity won't be womansplained

My little brother came for a visit last week.

These days, though, he's more of a strapping young guy in his mid-20s.

Watching his evolution — from the boy who ran with windmill legs to a truck-driving carpenter — has been fascinating and, sometimes, worrying.

I've long felt deeply uneasy about the modern ideal of masculinity and its effect on him. Our culture glorifies the stoic man: in control, never vulnerable physically or emotionally. The consummate provider and leader.

But why hear that from me, when you can hear it from Donovan McKenzie, founder of In the Heart of a Man, a new Toronto-based organization that is fighting to redefine masculinity.

Tall, muscled and deep-voiced, McKenzie looks like a tough guy. And for years, that's what he tried to be, until he realized that striving to constantly "be a man" left him depressed, even suicidal.

"I grew up as this big black guy that was supposed to be strong. I grew up in a neighbourhood where it was really taboo to say you're sad," he told me. "I always heard in my head, 'Man up.' Men aren't supposed to feel this way."

"Imagine if there's something I could turn to, so I didn't have to hold this all in my heart?" he added.

He's spoken to young men in schools and prisons about embracing their feelings and accepting themselves. He runs a Humans of New York-style photo blog about men and an online community.

"Because of my story, I think it's time to have that outlet," he said.

UBC's dean of education, Dr. Blye Frank, would likely agree. Frank, who studies the links between masculinity and men's education and health, argues that men engage in risky behaviours to show their manliness. That can lead to higher rates of accidental death and suicide, even cancer, than women.

The new definition of masculinity remains up for grabs.

It might mean, as it did for writer Navneet Alang, unlearning the sexism he grew up with.

Even so, "I'm not sure I've gotten to the point of what an idealized form of masculinity might be," Alang told me.

As for my brother, he says masculinity means courage, restraint, and sacrifices "for yourself and your family."

Whatever the definition, though, it won't be figured out by women like me. We need womansplaining as much as mansplaining these days.

It will come from Frank, Alang, McKenzie, and my little/big brother.

And, I hope, soon.

Happy face/Sad face

From **chimp chefs** to **zigzagging Zambonis**, Metro weighs in on the news making headlines this week



Man learns not to drink at the rink

A North Dakota man who admitted he drove a Zamboni drunk was sentenced to nine days and fined \$1,500 US this week. Steven Anderson, 27, had a blood alcohol level four times the legal limit when arrested in January at a girls' hockey game in Fargo. Witnesses said he was driving erratically and crashing into the boards. The judge didn't buy the argument that a Zamboni isn't a vehicle.

THE ASSOCIATED PRESS



Nutrition app could give foodies #TMI

A new technology could give social media mavens who like to share #brunch and #foodporn pictures a rude awakening. Google's new artificial intelligence system Im2Calories can teach you a lot about your food — if you want to know. It analyzes food photos and estimates how many calories are on your plate. The program measures the depth of each pixel, picks up on patterns and measures your meal's size relative to objects like condiments and cutlery. CBC.ca



If you give a chimp an oven...

A new study has shed light on how our hominid ancestors first learned to cook. Harvard psychologists gave chimpanzees an oven-like device but didn't show them how to use it. The animals learned to place raw potato in the "chimp microwave," shake it, wait, and get a tasty, cooked treat — showing off skills like planning and delayed gratification. Real fire wasn't used because chimps still don't understand "Careful: Hot." NPR



Reading, writing and revitalizing

A project at two Ontario First Nations schools is drawing praise for converting reluctant readers. When it began in 2010, 13 per cent of Grade 3 kids were reading at grade level. By 2014, 67 per cent were. The number of special needs students fell from 45 per cent to 19 — raising questions about whether learning problems or inadequate teaching were really to blame. The secret formula? 100 minutes reading and writing per day, every day.

MACLEAN'S

Finally, technology has found a cure for thirst

THE KOHLER REPORT

Rebecca Kohler



I've been parched for years, and I've never been sure what to do about it. But now a crowdfunding venture has raised more than \$110,000 to help develop a new product called HhydrateMe — a smart water bottle that tells you when to drink water. Thank God!

To let you know it's time to drink, the 24-ounce HhydrateMe bottle glows — kind of like a wet lantern — until you take a sip. The container connects to your smartphone via Bluetooth (unfortunately there is no Ethernet option). After installing the HhydrateMe app, it will ask you for personal information like your

height and weight (it already knows your IQ is low: you purchased the product). Based on these details and factoring in your environment — temperature, elevation and humidity — HhydrateMe calculates your "water goals," for how much water you should be drinking and when.

"Water goals"! What a fun term. At first it made me think about people in poor countries and their water goals. Goals like "finding water" and "drinking water that doesn't cause me to poo my pants." Then I realized, "Wait! This is about my water goals! Personal water goals."

After some soul searching, I came to the conclusion that while my water goals seem far away during a hangover, I feel like I achieve them on a day-to-

day basis, based on the fact that I'm currently alive.

So do I need this bossy gadget? Sure, it's flashy and all — my body's "drink-water-now" mechanism (thirst) is kind of boring and passé and so 1999 (BC). And I can think of some fun, alternate uses for the HhydrateMe bottle: filling your boss's with vodka, or, instead of using it as a glowing water bottle, using it as a flashlight for thirsty people ...

I'm being hard on HhydrateMe, because I think it's gimmicky. Sure, it'll tell me when to drink, but I'm still in charge. I constantly have a glass of water on my desk and I constantly don't drink from it. Human nature trumps "smart" gadgets.

A glowing bottle might help me for a few days, but

My body's 'drink-water-now' mechanism (thirst) is kind of boring and passé and so 1999 (BC).

like with all the self-help apps I've downloaded (quit smoking, run faster, Tinder), I'll just start ignoring it.

I won't be surprised if, within a few months of launching, HhydrateMe apps all over the world will be under the impression that their users have succumbed to the effects of dehydration and died.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

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I Spy a McCarthy blockbuster

REVIEW

Director Feig reunites with Bridesmaids actress in new comedy

IN FOCUS

Richard Crouse



I used to find Melissa McCarthy frustrating.

Director Paul Feig called her “one of the funniest people in the world.” Her husband, actor Ben Falcone, said she “will do anything to get a laugh,” but her tendency to go for the easy gag often put me in the mind of Will Ferrell in his *Blades of Glory* nadir.

Thanks to a string of hits like *Bridesmaids*, *Identity Thief*, *The Heat* and *Tammy* — and an \$809 million box office total — McCarthy is a rarity in Hollywood: a female comedy superstar.

Everyone agrees she is a skilled comic actor who amplifies the funny in good movies and elevates the jokes in lesser scripts but the latter is why I used to find her exasperating. Much of her recent work — this weekend’s very funny *Spy* notwithstanding — has relied on her major personality to magnify minor material.

There’s no arguing with the kind of financial success

she has enjoyed but critical accolades have been elusive. The *Wall Street Journal*, for instance, said of *Tammy*, “The movie’s principal intention is to make you laugh at a loser, and revel in scenes from which polite people would instinctively turn away.”

Bridesmaids was her flashpoint, the film that broke her out of the TV sidekick treadmill. As Megan — imagine a feral, female Guy Fieri — she stole the show out from under other, better-known stars like Kristen Wiig and earned an Oscar nomination. It’s a wonderful, weird performance that hinted at great things to come.

But aside from a few inspired moments she has not made good on the promise of *Bridesmaids*. Her work has come to rely too heavily on a stock character, the obnoxious loser with a heart of gold buried beneath a thick shell of one-liners and non sequiturs.

“I’ve played a lot of characters who are very vocal, very aggressive,” she told me last year. “For the women I’ve played there is a reason why they are so ballsy and it is nice when you see the crack in the veneer and you realize, ‘It’s part of their insecurity. They stay loud so nobody yells at them.’”

It’s an interesting character breakdown but one that played itself out by the end of 2013’s *Identity Thief* when, I believe, she became infected with Will Ferrell disease.

There was a time when Ferrell could do no wrong. At



McCarthy kicks ass as a top CIA analyst turned spy in a new comedy by *Bridesmaids* director Feig. PHOTO COURTESY 20TH CENTURY FOX

least that’s what the directors of *Blades of Glory*, *Land of the Lost* and *Semi-Pro* thought. Popular with audiences, he was allowed to run riot in a series of so-so films resulting in the bleak middle period of his career where manic energy replaced humour in his films.

McCarthy suffers from the same affliction. She is funny, she knows how to deliver a line, but in *Identity Thief*, *The Heat* and *Tammy* she’s off

the chain, Ferrelling her way through underwritten scripts.

Ferrell turned things around and so has McCarthy. In *St. Vincent* she took a step away from her well-established comedic persona to deliver laughs and show her dramatic range.

Her latest film *Spy* is also a welcome return to form. Paired once again with director Feig, the movie offers up the best of both worlds — a funny, smart script and

MOVIE RATINGS by Richard Crouse

Spy ★★★★★
Entourage ★★
Hungry Hearts ★★★★★
Insidious: Chapter 3 ★★

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★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

a director who knows how to maximize her talents. As Susan Cooper, a CIA computer-analyst-turned-international-field-agent-on-a-mission-of-revenge, she’s likeable, funny and most importantly, reined in.

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Meat, fries and spies

NOSTALGIA

Swiss Chalet chicken dinner reminds Allen of childhood spy games

THE TV DINNER

Jessica Allen



Nearly every Saturday night during my youth, our family of four would eat at the Swiss Chalet on Dundas Street in London, Ont. Right before we'd see a movie and just after we ordered four quarter chicken dinners (fries, white meat), I'd ask to use the washroom.

While it was not out of the ordinary in the '80s to spot an eight-year-old visit the washroom unattended, slightly more curious was seeing that child form a gun with her hand while slinking down the stairs because she thought she was a spy.

And not just any spy on their way to gather intelligence from the loo, but James Bond himself. I was the fault of my



folks for allowing me, from a very early age, to see Bond films — which occasionally led to awkward conversations: "Dad, what's an 'Octopussy'?"

Although it never occurred to me that on account of my gender I couldn't be James Bond, I'm happy to see a woman star in a spy film, albeit a spoof of the genre.

In *Spy*, which hits theatres on June 5, Melissa McCarthy plays a desk-bound CIA analyst thrown into the field as an undercover agent in order to prevent a global disaster. The film reunites her with Bridesmaids director Paul Feig.

My love of washrooms doesn't end with espionage: I vividly remember the post-food-poisoning epic washroom scene in *Bridesmaids*, which managed to surpass *Dumb and Dumber's* finely tuned aria of toilet noise.

However, I wasn't eating alone so neither film was an option. Take-out Swiss Chalet (white meat, fries), however, was uncontested.

"What about a Bourne movie?" I asked

my partner Simon.

"The Bourne movies you've seen a hundred times? What about Barry Lyndon?"

"Not that Kubrick pic again."

Then I remembered the Swiss Chalet waitresses' uniforms back when they still wanted to emphasize the "Swiss" bits.

As my brother and I sipped Kitty Cocktails, we'd gaze up at ample bosoms. So Simon and

I watched Martin Scorsese's 1993 adaptation of *The Age of Innocence*, obviously.

White wine replaced the Kitty Cocktail but the quarter chicken dinner was just as I remembered. The corsage cleavage, however, was a little flat.

Edith Wharton's *Gilded Age* novel is about gender restriction, something critics think limit McCarthy.

By repeatedly playing the "hot mess," she's pigeonholing herself, they say. It's a false assumption that if you conquer the gender divide on the screen, it will make the gender divide in the real world more palatable.

Besides, I don't want to watch McCarthy take a dump in a sink because she's a woman. I want to see her do it because she's one of the few genuinely hilarious people on screen, like Buster Keaton before her, who's mastered the art of physical comedy.

McCarthy's mission in *Spy* is to save the world. With all due respect to her bowels, I hope she never stops.

Now playing



HORROR Insidious: Chapter 3

Director: Leigh Whannell
Starring: Dermot Mulroney, Stefanie Scott

This chilling prequel reveals how gifted psychic Elise Rainier reluctantly agrees to use her ability to contact the dead to help a teenage girl.

ROTTEN TOMATOES™ SCORE

Critics: Audience:

55% +92%



DRAMA Love & Mercy

Director: Bill Pohlad
Starring: Paul Dano, John Cusack

Love & Mercy presents an unconventional portrait of Brian Wilson, the mercurial leader of The Beach Boys, set against the era-defining catalogue of Wilson's music.

ROTTEN TOMATOES™ SCORE

Critics: Audience:

88% +91%



COMEDY Entourage

Director: Doug Ellin
Starring: Jeremy Piven, Adrian Grenier

In the big-screen version of the HBO series, movie star Vincent Chase and his boys are back ... and back in business with super agent-turned-studio head Ari Gold.

ROTTEN TOMATOES™ SCORE

Critics: Audience:

31% 84%



COMEDY Spy

Director: Paul Feig
Starring: Melissa McCarthy, Jason Statham

An unassuming, deskbound CIA analyst, and the unsung hero behind the agency's most dangerous missions, goes deep undercover to prevent a global disaster.

ROTTEN TOMATOES™ SCORE

Critics: Audience:

93% 84%

Columnist Jessica Allen in her early undercover days. CONTRIBUTED

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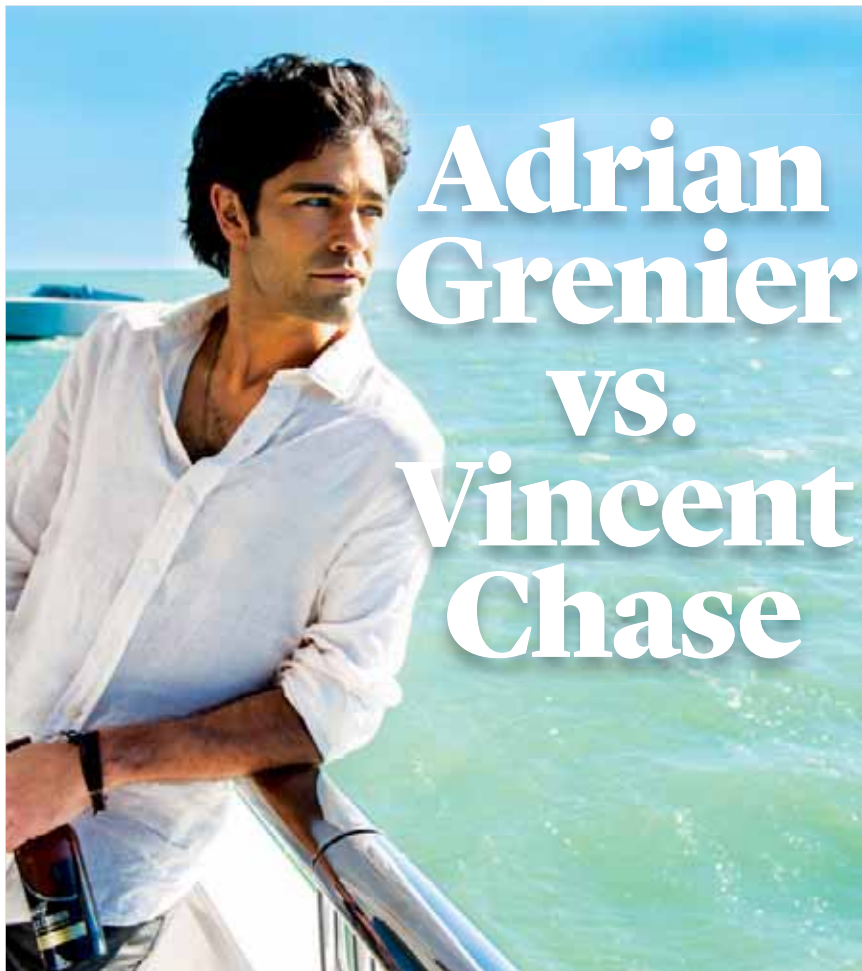


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Hot, successful actor Adrian Grenier plays Vincent Chase — a hot, successful actor — in the *Entourage* movie, out this week. CONTRIBUTED

INTERVIEW

The Entourage star talks fame and his not-so-alter ego



Ned Ehrbar
Metro|Life

You would think life in Hollywood could be a bit awkward when you're best known for playing one the biggest (fictional) movie stars in the world, but Adrian Grenier insists his *Entourage* character, Vincent Chase, hasn't cast a shadow over his own career.

"I mean, I think it's a failure of imagination if you start to let your successes bog you down," said Grenier. "If I have to work harder to convince people that I'm more than the character or I have other things up my sleeve, then so be it."

In fact, Grenier made peace with his fictional alter ego a long time ago — for self-preservation if for nothing else.

"We're sort of living vicariously through each other, comfortably sharing the same space," he said. "When people call me Vince, I answer. I don't try to correct people. Because I am Vince to many people. I

mean, even blurring the lines as much as the fact that Vince was Aquaman and in real life I do a lot of ocean work. I am Aquaman in real life, in a way."

Of course, there really is an Aquaman coming — to be directed by *Furious 7*'s James Wan, from the same studio that released *Entourage* — but that one will star Jason Momoa, not Vincent Chase. Or Adrian Grenier. And just in case you were wondering, Grenier made no effort at all to get a shot at the superhero role that was such a success for Vinny Chase.

"I think that would've been too silly," he said. "I mean, if James Cameron was directing it I might be into it."

The *Entourage* film finds Vince a few years removed from the series' triumphant finale, a hugely successful and newly divorced movie star who now wants to direct his first feature — a plot point Grenier, a director himself, had a hand in crafting.

"Vince wanting to direct was part of what I was pushing for. I wanted to step up the character and allow him to evolve into that next stage of his career," said Grenier. "But for the most part Doug [Ellin] borrows from a lot of our real lives and also from what's happening out there in the zeitgeist."

Of course, Grenier has earned a unique view of the entertain-

"We're sort of living vicariously through each other, comfortably sharing the same space."

Adrien Grenier

ment industry thanks to eight seasons and a movie spent playing Vince, and he insists the show's depiction of Hollywood is not as exaggerated as some make it out to be.

"It's pretty realistic. It reflects a truth, a reality in Hollywood, certainly, but also in a culture that puts fame and fortune and conspicuous consumption at the front," he said.

"It's wish-fulfillment fantasy, but at the same time it has something that's special about friendship and loyalty. And really it gives all the tools and guidelines on how to survive that world."

That loyalty bit — Vince's lifelong pals that make up his entourage — is key, he explained.

"I don't think it would be as popular of a show if it was only just the indulgence. That sounds like it would be a gossip show or something," said Grenier. "This is so much more."

"It's about the characters."

SLUGLINE

Blythe spirit fresh as ever

When I mention to Blythe Danner there is Academy Award buzz around her work as Carol, a widow taking tentative steps into the world of dating in the new film *I'll See You in My Dreams*, she says, "That, I find idiotic." Long pause. "But thank you."

Danner made her film debut in 1972, two years after she won a Best Supporting Actress Tony Award for *Butterflies Are Free* on Broadway. Since then she has amassed over one hundred film and television credits, including all three *Meet the Parents* movies and *Sylvia*, where she played the mother of Sylvia Plath as portrayed by her real-life daughter Gwyneth Paltrow.

Remarkably, *I'll See You in My Dreams* is her first lead role on the big screen. She plays Carol, a widowed woman whose carefully constructed world is rattled when she starts dating Bill (Sam Elliott).

"I think it is a very underplayed role," she says.

"Yes, she runs the gamut of emotions but there is nothing that is very extreme in my playing of this role. It is heartening that people are touched by the whole film and if they are by my performance, that is very flattering but I don't see it as an Oscar-worthy performance. I just don't see it. The possibility seems absurd to me."

The veteran actress admits to feeling uncomfortable accepting praise.

"I do think there is something wrong with me. I really do. I'm very perverse. It may be the fact that I went to Quaker schools growing



Blythe Danner, right, plays Carol, a widow and former songstress in *I'll See You in My Dreams*. BLEECKER STREET/AP

up. I grew up in a household where we were always told not to get a big head about

"I do think there is something wrong with me ... I'm very perverse."
Blythe Danner

being received positively. It's the work that is important. My favourite thing when I played Nina in *The Seagull* was her speech at the end when she says, 'I know now that it is

not the fame and the glory that is important, but how to endure."

Danner's wonderfully rendered portrayal of Carol is being called "quietly touching" by the *New York Times* and "deeply felt" by *Variety* but she credits writer-director Brett Haley with writing a script that was, "clear and accessible and simple."

"It was all on the page," she says. "I felt so grateful. I found it effortless. I feel a little guilty about saying that because it should have been harder. From the beginning to the end it was a gift."

RICHARD CROUSE/METRO

PENNY-PINCHER.



Michael Doyle
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East coast eats



CANADA

Explore the Maritimes and discover food along the way



ON THE MOVE
Loren Christie

Heading to the Maritimes this summer? Let your stomach guide you.

NOVA SCOTIA

1 Lobster season never ends in Nova Scotia; it just rotates around the province's different coastal regions. The Lobster Shack in **Barrington Passage** serves up a heavenly lobster fondue where diners dip skewers of toasted garlic bread and hunks of lobster into a delicious cream sauce.

2 **Oxford** is the blueberry capital of the world. Time your visit for harvest season at the beginning of August

and make sure to try blueberry grunt, dumplings cooked in a blueberry sauce.

3 Located on the Bay of Fundy, the town of **Digby** is all about scallops. Have them on their own starring in a seafood chowder.

4 Quench your thirst along the Good Cheer Trail, which includes 14 wineries, 12 craft breweries, five distilleries and five brew pubs from **Yarmouth to Cape Breton**. It also includes two historical sites, the Fortress of Louisbourg and Port Royal, where Samuel de Champlain established the Order of Good Cheer back in 1606 as way to raise the spirits of early settlers.

PRINCE EDWARD ISLAND

1 The charming fishing village of **North Rustico** is home to the Blue Mussel Café, the perfect spot to sample some of the world's best mussels.

2 Carr's Oyster Bar in **Stanley Bridge** serves up Malpeque oysters fresh from their own beds.

3 Cows Ice Cream is an island classic. Visit its factory in **Charlottetown** and sample its ice cream, old cheddar cheese and chocolate-covered potato chips.

NEW BRUNSWICK

1 Ever tried seaweed? Bags of dulse are sold like potato chips at Roland's Sea Vegetables on the island of **Grand Manan**.

2 Sample delicious Acadian treats, such as poutine râpée, pets de soeur, poutine à trou and chicken fricot, at Le Menu Acadien in **Shediac** ...

3 ... Or the Restaurant La Sagouine in **Bouctouche**.

4 Ployes are buckwheat pancakes that are hugely popular in the **Edmundston** area. Contrary to a pancake, a ploye is only cooked on one side. Before eating it, butter it up and slather it in maple syrup, brown sugar or molasses.

5 Ganong Chocolates in **St. Stephen** is Canada's oldest independently family-owned and operated chocolate company. They were the original inventors of the heart-shaped candy box. Try one of their original products; a Pal-O-Mine chocolate bar or chicken bones, a popular pink Christmas candy.

ISTOCK

TRAVEL NOTES CHEAP HOTELS, SECRET SERVICE, CANADA CRUISING AND DINOSAUR ADVENTURE

Best hotel prices

While some hotels reveal unadvertised perks when you book with them directly, it's the major travel booking sites that offer a best price guarantee. You can snap up a good deal when you see it, then find a better price somewhere else later if you want. Expedia even throws in travel coupons. Less stress and more savings.

Bond hideaway

From now until Oct. 31, take advantage of a special four-night package at GoldenEye Hotel & Resort in Jamaica, once the five-bedroom villa of James Bond creator Ian Fleming. This is where he wrote all 14 Bond novels. Write postcards at Fleming's original desk and have cocktails at Noel Coward's old house next door. Visit GoldenEye.com.



The GoldenEye Hotel & Resort, Jamaica.
CONTRIBUTED

True North

Whales, bears, walrus — and Alex Trebek. Adventure Canada has hooked the Jeopardy host to be the special guest on its 12-day Arctic Explorer trip departing Aug. 9 from Resolute, Nunavut. The cruise includes a visit to the remains of the Franklin Expedition on Beechey Island. Visit AdventureCanada.com.

Home-grown dinosaurs

In the run-up to the release of Jurassic World, get your very own dinosaur adventure right here in Canada near Brooks, Alta., at the Dinosaur Provincial Park. Explore the badlands, camp under the stars, take part in an authentic dinosaur dig and examine the almost 500 fossils. Visit TravelAlberta.com.

DOUG WALLACE



Cruise along the Baffin Island coastline.
ANDREW STEWART

Living on the edge

ADVENTURE

These skywalks are not for the faint of heart

Steve
Gow
For Metro

BRIDGECLIMB — SYDNEY, AUSTRALIA

What it is: If you don't mind climbing stairs, BridgeClimb is a march over the outer arches of the iconic Sydney Harbour Bridge where you'll be able to soak in the gorgeous panorama of Australia's largest metropolis from 134 metres above the harbour.

Why it should be tackled: The views are simply sensational. Plus, if climbing the bridge doesn't wear you out, your admission also includes the Pylon Look-out — a 200-stair ascent to breathtaking views of Sydney's Opera House and three levels of exhibits about the history of the Harbour Bridge. bridgeclimb.com



BRIDGECLIMB SYDNEY



EDGEWALK VIA FACEBOOK

EDGEWALK — TORONTO

What it is: The world record holder for "highest external walk on a building," CN Tower's EdgeWalk offers the chance to stroll "hands free" around the circumference of Toronto's iconic skyscraper. While participants are harnessed for safety, daredevils are still encouraged to lean themselves out 116 storeys above the city.

Why it should be tackled: EdgeWalk not only allows for a one-of-a-kind view of Canada's largest city, but admission also gets you a video, photos, access to the LookOut level, Glass Floor and other attractions. edgewalkcntower.ca



Flickr: WILLIAM NG

GLACIER SKYWALK — ALBERTA

What it is: Jutting out from a roadside cliff-edge atop the Sunwapta valley between Jasper and Banff, Glacier Skywalk offers fearless travellers the opportunity to traverse a glass-floored walkway 918 feet over forest and waterfalls.

Why it should be tackled: For as little as \$30, intrepid tourists can experience one of the most breathtaking views in the Canadian Rockies. And if acrophobia (extreme fear of heights) doesn't set in, you may even enjoy some of the nature-inspired interpretive exhibits along the way. glacierskywalk.ca



Flickr: STEPHAN HAUBOLD

GRAND CANYON SKYWALK — ARIZONA

What it is: The Skywalk is the only place along the Grand Canyon where travellers can amble along a glass-bottomed walkway 4,000 feet above the Colorado River. Built in 2007, the horseshoe-shaped bridge is strong enough to support about 70 747 airplanes.

Why it should be tackled: Although the Skyway is a bit on the pricey side and in a relatively remote area, venturesome tourists say the experience is exhilarating and provides absolutely stunning views of the Grand Canyon. grandcanyonskywalk.com



ISTOCK

TIANMEN MOUNTAIN — CHINA

What it is: The skywalk on Tianmen Mountain in Zhangjiajie, China, is the apex for adventurers. First, daredevils need to ride the world's longest cable car (more than 7 kilometres) just to reach a sheer cliff-face that hangs 1,433 metres above sea level. There awaits a rickety, nearly one-metre wide glass-bottomed overhang.

Why it should be tackled: Face your fears. Tianmen National Park also offers other plucky pursuits, including the Xianren Qiao (Bridge of the Immortals), a narrow rock bridge. chinahighlights.com/zhangjiajie/attraction

5 FABULOUS MIAMI HOTEL BARS TO EXPERIENCE

Drop by any one of these hotel hangouts to wet your whistle day or night, and get a little taste of South Beach elegance without having to check in.

DOUG WALLACE/FOR METRO



TIM STEWART

1 The Eden Roc

The terrazzo floors of the sunken lobby bar at the Eden Roc have welcomed the footsteps of celebrities Frank Sinatra, Katharine Hepburn and Nat King Cole, who sang Unforgettable for the first time in what is now the Mona Lisa Ballroom. Elizabeth Taylor used to circle the bar, carrying on out the door if she didn't see anybody worth hanging out with. Fittingly, there's a cocktail in her honour. EdenRocMiami.com



TIM STEWART

2 Soho Beach House

While the Soho is a members-only club/hotel, the main-floor courtyard houses Cecconi's Miami Beach restaurant, which is open to all. The bar is long, lean and comfortable and the Sunday brunch spread takes over the lobby: salmon tartare made to order, whole grilled mahi mahi, flatbread pizza with Parma ham — and a Bloody Mary cart that wheels around making everyone feel better. CecconisMiamiBeach.com



TRAYMORE RESTAURANT AND BAR VIA FACEBOOK

3 The Metropolitan

The Met's Traymore Bar, propping up a restaurant of the same name, manages to be both modern and nostalgic for the old Miami spirit. The bar's claim to fame is its dedication to gin: It stocks more than 30 artisanal varieties. Original pink and pistachio flooring is offset with white scalloped drop ceilings, white walls and white rattan chairs. The whole place smells heavenly of the hotel's eucalyptus and geranium signature scent. comohotels.com/metropolitanmiamiibeach/



TIM STEWART

4 The Standard

The Lido Restaurant and Bay-side Grill is a true local hangout, the name a homage to the hotel's original name: Lido Spa Hotel. Thirsty regulars congregate beside the pool at the low four-tops or along little banquettes built around flat-leaved sea grape trees. Gorgeous servers keep Ketel One martinis coming as fast as you can throw them back. This is one of the city's most beautiful spots for a nightcap at the water's edge. StandardHotels.com/Spa-Miami-Beach



THE RALEIGH VIA FACEBOOK

5 The Raleigh

The back garden patio is the place to party at this iconic hotel, which looks a lot like it did when it opened in 1940. Cool jazz, big trees built right into the decor, French café furniture, a well-dressed clientele. The lobby feels like you've walked onto a movie set; everything preserved, nothing too modernized. The real gem is the cosy, eight-seat martini bar just off the lobby, a quiet cocoon of mahogany that doesn't look a day over 70. RaleighHotel.com

FIFA NOTES

Body admits to writing off \$5M loan to Ireland

FIFA has admitted to giving Ireland \$5 million in compensation for missing out on a place at the 2010 World Cup after Thierry Henry's handball that set up the French winner.

The payment — initially a loan — was not disclosed in the wake of the 2009 playoff game, which France won 2-1 on aggregate to reach the finals in South Africa.

The cash from FIFA was first disclosed in public on Thursday by Football Association of Ireland chief executive John Delaney, who didn't say it was a loan.

THE ASSOCIATED PRESS



Thierry Henry
GETTY IMAGES FILE

Serena survives early woes at Roland Garros

Ill and sluggish, Serena Williams overcame a big deficit to reach the French Open final by beating 23rd-seeded Timea Bacsinszky of Switzerland 4-6, 6-3, 6-0 on Thursday.

With the temperature nearing 30 C on the hottest day of the tournament, Williams walked ever so slowly to changeovers, where even lowering herself to sit down seemed to be difficult. During those breaks, she pressed ice towels against her forehead and neck and guzzled water.

THE ASSOCIATED PRESS

Juventus' Chiellini out for Champions League final

Juventus defender Giorgio Chiellini has been ruled out of Saturday's Champions League final against Barcelona because of a left calf injury, robbing the Italians of one of its most important players.

A torn calf muscle will keep him out of a reunion with Barcelona striker Luis Suarez, who bit Chiellini on the shoulder during the World Cup in Brazil last year. THE ASSOCIATED PRESS

Former Tigers V-baller 'aiming at the Olympics'

SCOTIABANK CENTRE

Halifax to host two games against Argentina



Kristen Lipscombe
Metro | Halifax

For Max Burt, taking to the court this weekend with the national men's volleyball team at the Scotiabank Centre holds special meaning.

The Team Canada middle spent five years in Halifax playing for the Dalhousie Tigers, who he led to four straight Atlantic University Sport championship titles.

"This will actually be my first games on home soil, wearing the maple leaf," the 26-year-old Gander, N.L., native said Thursday, before an afternoon practice at the downtown Halifax venue which will host matches against the Argentinian men's national team Friday and Saturday.

"This is where my career started, so to ... have it come full circle like this is pretty special to me," Burt said before joining his Canadian teammates at the net.

Although Burt has long been part of Volleyball Canada's national program, he's a rookie



Max Burt of the national men's volleyball team warms up at the Scotiabank Centre in Halifax on Thursday afternoon. JEFF HARPER/METRO

when it comes to participating in the prestigious FIVB Volleyball World League, an annual men's tournament that has travelled across the globe.

Hosting this Fédération Internationale de Volleyball event is also a first for Nova Scotia, although the sport has picked up steam here with the national team beach volleyball championships, dubbed SandJam, hosted on the Halifax waterfront for the past couple of summers.

"It's great to come this way, because we haven't been to the

Maritimes," Team Canada head coach Glenn Hoag said. "It's good to come and promote the game."

Pool play for the red and white squad started last month in Calgary, where they swept Cuba in two straight matches.

They've also travelled to Bulgaria, where they lost 1-3 and 3-2 in late May. They have rematches against Bulgaria next weekend in Summerside, P.E.I., and will head to both Argentina and Cuba later this month.

There's both prize money and FIVB points on the line, Hoag

said, with international ranking becoming increasingly important as the 2016 Summer Olympic Games in Rio de Janeiro approach.

Canada is currently ranked 14th, while Cuba is 11th, Bulgaria is ninth and Argentina is sixth atop Pool C, one of three pools in Group 2, which consists of countries in the middle of the pack.

"They're not so physical, but they're a very skilled team," Hoag said of Argentina. The teams meet twice, first at 8

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More: volleyball.ca

p.m. on Friday and then at 8 p.m. Saturday.

"There will be long rallies, and they have very good offence, so we're going to have to play very disciplined ball," he said. "It's going to be a good match-up."

Each team plays 12 matches. The winners of each pool advance to Group 2 finals, with possible qualification to the Group 1 Final Six.

"Now we're aiming at the Olympics," Hoag said of Rio 2016.

Burt, who plays professionally in France when he's not on the FIVB World League circuit, hopes to be there with Team Canada.

"When I got the idea that I could play university for Dal, it became a bit of a dream."

HALIFAX MOOSEHEADS

GM Russell pumped for 'magic' of QMJHL draft

Which player will the Halifax Mooseheads select as their lucky No. 7?

Hockey fans will find out Saturday, when the 2015 QMJHL Entry Draft kicks off at 10 a.m. ET at the Palais des Sports Léopold-Drolet in Sherbrooke, Que.

The Herd's highest pick is seventh overall, the first time its drafted in the opening round since selecting forward Jack Eichel 15th overall three years ago, and the earliest they drafted since taking impact forward Jonathan Drouin second overall four years ago.



Cam Russell METRO FILE

But a lot could still happen before Saturday, with potential trades to be announced Friday morning.

"Some things we've discussed, but it has to make

sense for both sides," Russell said. "There's always lots of talk that goes into some of these trades — sometimes they work, sometimes they don't. We'll just have to wait and see."

And anything could happen come draft day.

"There's so many different things that could happen on draft day," Russell said. "You go into the draft with a plan, (but) that doesn't necessarily mean it will work out; things change so fast."

Quick but smart decisions are key as teams select players from one round to the

WHERE THEY'LL PICK

Round 1 — 7th overall	Round 7 — 116th overall,
Round 2 — 26th, 31st overall (Baie-Comeau)	121st overall (Baie-Comeau)
Round 3 — 44th, 48th overall (Chicoutimi-Sherbrooke)	Round 8 — 134th overall
Round 4 — 62nd overall	Round 9 — 152nd overall
Round 6 — 95th overall (Chicoutimi), 98th overall	Round 10 — 170th overall
	Round 11 — 188th overall
	Round 12 — 206th overall
	Round 13 — 224th overall
	Round 14 — 242nd overall

next, but the general manager said "that's part of the fun and magic of it — you don't know what everyone else is

going to do."

Check out qmjhl.ca for the full draft order and more.

KRISTEN LIPSCOMBE/METRO

'The best coach I've ever had'

WOMEN'S WORLD CUP

Herdman motivates his players on and off pitch

The Canadian women call John Herdman the "Black Flash" when their coach joins in on their soccer practices. It's a name he gave himself, they note.

Herdman, who played for his university as well as semi-pro teams back home in England, has a sense of humour.

But most of all, Herdman is a master motivator and source of inspiration, his players say. No one works harder or longer.

They say Herdman has made them better players and better people.

Those skills will be put to the ultimate soccer test starting this weekend — the Women's World Cup. Canada, ranked eighth in the world, opens Saturday against No. 16 China at Commonwealth Stadium.

Herdman's journey with the Canadian women started when he took over from Carolina Morace in the wake of a disastrous 2011 World Cup that saw Canada finish last.

Ask the players what state they were in after the tournament in Germany, almost every one uses the same word: broken.

One of his mentors told Herdman he needed to find a way to get the Canadian team reconnected after the "trauma" of the 2011 World Cup. In doing his homework, Herdman was struck by Canada's patriotism.

"My first piece was like, 'Who are you as Canadians?' That was



John Herdman took over as Canada's coach following the 2011 Women's World Cup. DARRYL DYCK/THE CANADIAN PRESS

my first question. Tell us," said Herdman. "And we went 30 minutes in a meeting. They'd never been asked that before by a Norwegian or an Italian coach."

In Canada's final warm-up game last week, every member

“He has an inspiring way of bringing out the best in us and wanting us to be the best.”

Sophie Schmidt

of the match-day squad took the field for the anthems before facing England in Hamilton. They put their arms over their neighbours' shoulder and sang O Canada together. Only the English starters were on the field.

Herdman has challenged his players to become true leaders, a subject they have literally studied off the field through books and lectures. He has had them strip away defence mechanisms to share their emotions with their teammates, further strengthening team ties.

Ask his players what it's like working under Herdman, and they say it's an honour and a privilege.

"(He's) somebody that knows absolutely how to get the best out of people," said veteran defender Carmelina Moscato. "He's a high-performing guy. He's created the environment for that. And you talk about squeezing blood from a rock, I mean he's really done it with a lot of us — reinventing us."

"The best coach I've ever had," said forward Jonelle Folligno. THE CANADIAN PRESS

+ FIFA SCANDAL

Tournament 'can shine some light' on 'dark clouds'

Victor Montagliani says the mounting FIFA bribery scandal won't taint the upcoming Women's World Cup.

In fact, the president of Canada Soccer and chair of the tournament's organizing committee thinks the event, set to begin Saturday in Edmonton, comes at just the right time.

"It's a positive thing that the first tournament after this, whatever happened in the last week, is the Women's World Cup," Montagliani said Thursday. "Women's football is a very pure form of football. I think women's football can shine some light on the dark clouds that are hanging over the game."

THE CANADIAN PRESS

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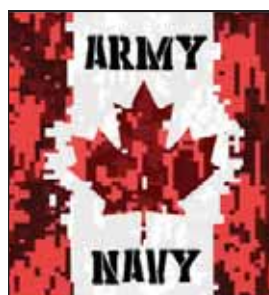
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Rose Reisman

rosereisman.com

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A delicious and refreshing summer salad. Quinoa is a complete protein, making this a great option as a main dish for vegetarians.

Ready in

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 1½ cups cooked quinoa (½ uncooked)
- 4 cups cherry tomatoes, sliced in half (red and yellow)
- 4 cups arugula or spinach
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp minced garlic
- 2 oz crumbled feta cheese
- ¼ cup fresh chopped

mint or basil

Directions

1. If cooking quinoa, add one and a half cups stock or water to each half cup uncooked quinoa. Bring to boil, cover and simmer, on lowest heat for 15 minutes, just until quinoa is tender. Drain off any excess liquid. Add to serving bowl.

2. When quinoa is cooled, add remaining ingredients and mix well.

Nutrition per serving

- Calories 140
- Protein 5 g
- Fibre 3 g
- Fat 7 g
- Saturated fat 1.5 g
- Cholesterol 5 mg
- Sodium 160 mg

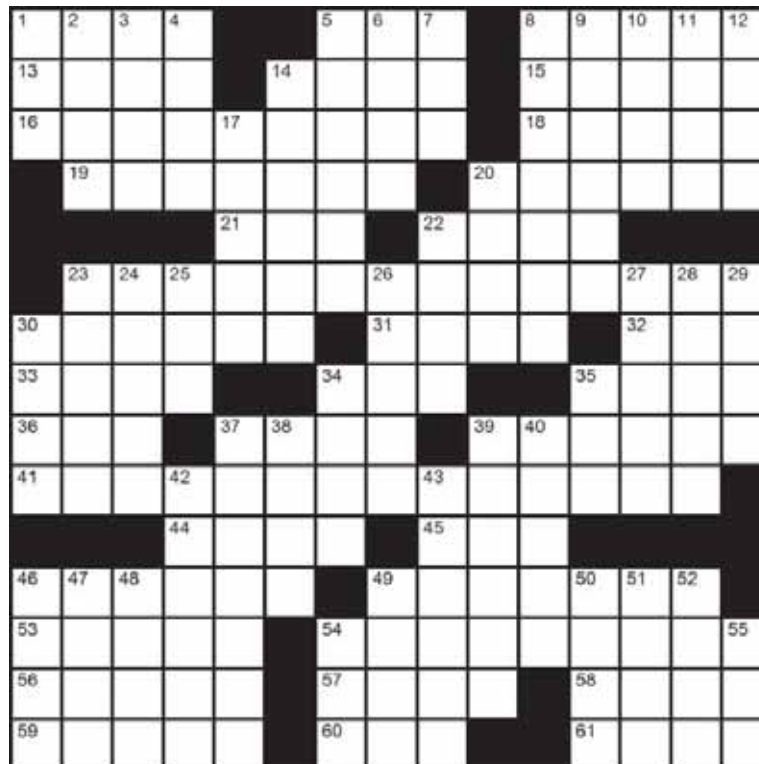
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Shangri-la
5. Camera mugger
8. Canuck chocolate bar, with Coffee
13. "___: Warrior Princess"
14. 2016 Presidential candidate Mr. Paul
15. ___! Canada (Celebrity/style magazine)
16. 1966 album by #54-Across: 2 wds.
18. In front
19. Psychotherapist mentioned in Barenaked Ladies song "Brian Wilson": 2 wds.
20. Wave tops
21. Alphabetic trio
22. Capital city of Togo
23. Bit of "Brian Wilson" by the Barenaked Ladies: "___ ___ / I couldn't see the ground..."
30. Stalwart
31. Crucifix
32. Small, cute-style
33. Allows
34. Ruckus
35. Go through
36. And: German
37. Mayberry kid of '60s TV
39. Soft drink brand
41. Song by #54-Across on their 1967 'Smiley Smile' album: 2 wds.
44. Roger who



- played Robin Colcord on "Cheers"
45. Ink-on-skin pic
46. ___ shop (Place to drive to on a Tuesday night in "Brian Wilson" by the Barenaked Ladies)
49. Sword fight-

- ers
53. Set of values
54. Brian Wilson's band, with The: 2 wds.
56. Lizard variety
57. Ploy
58. Digging dog's discovery
59. Backslide

60. Poetic piece
61. Fret

DOWN

1. ___ date (Food label info)
2. Feat
3. ___'acte (Intermission)
4. FC Edmonton

- sports org.
5. Pass, as a relay baton: 2 wds.
6. Canadian musician Mr. Kim
7. ER pros
8. TV series about sister witches
9. Fix a shoe in a way

10. Islands: French
11. Crate strip
12. Seal herds
14. Goes over with, as an itinerary: 2 wds.
17. Raced in a regatta
20. ___ salmon
22. City in France known for silk
23. Office item, ___ pad
24. Surpass
25. "The Wrestler" (2008) star ...his initials-sharers
26. Less wet, variantly
27. Without the extras
28. Light rains
29. Additional
30. Garden denizen
34. "First ___!" (Rights-claimer's exclamation)
35. For
37. Supervise
38. ___ Piper
39. Position
40. ___ and catch
42. Reacts like Pavlov's dog
43. Comfy: 2 wds.
46. Tangible
47. Volcano in Sicily
48. Cut
49. Game show, "Family ___"
50. Dwindles
51. Tooth part
52. Since, to Robert Burns
54. Sibling to sis'
55. Stitch

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Better times are on their way and evidence of that will be with you soon. Venus in your fellow Fire sign of Leo will encourage you to see the harmony that exists in all situations, even the ones that provoke confrontation.

Taurus April 21 - May 21
You may be tempted to work harder than ever but the planets indicate it would be better if you took the opposite approach. Slow down and don't take life so seriously.

Gemini May 22 - June 21
If you have found it difficult to get your message across of late then it should be easier today and over the weekend. Travel and social activities are also under good stars now, so get out and about and make sure you get seen.

Cancer June 22 - July 23
In recent weeks you had to get serious about your money situation but as Venus moves into the most materialistic area of your chart today you won't have to make quite so many sacrifices.

Leo July 24 - Aug. 23
Put recent failures and disappointments behind you and focus on all the good things yet to come. Forget all that doom and gloom stuff and make things happen. Anything is possible if you want it enough.

Virgo Aug. 24 - Sept. 23
Try not to worry if your confidence takes a bit of a dive today. Your positive attitude will return over the weekend and you will wonder how you managed to doubt yourself. Friends and family, of course, never did.

Libra Sept. 24 - Oct. 23
Friendships and group activities will go exceedingly well today and over the weekend. Even if you are the kind of Libra who enjoys your own company you'll want to be where the action is. Party time!

Scorpio Oct. 24 - Nov. 22
The plans you make over the next few days will be important but try not to make them too restrictive. For best results you need to leave yourself some wiggle room so you can make changes as you go along. Be flexible.

Sagittarius Nov. 23 - Dec. 21
You are in one of your adventurous moods and if you are not off exploring new places it can only be because you are short of cash. Find ways to limit your spending in some areas so you can do more in others.

Capricorn Dec. 22 - Jan. 20
It's good news all-round for money matters and business arrangements. The entry of Venus into the wealth area of your chart means you can expect some kind of windfall. A joint project will pay off big time.

Aquarius Jan. 21 - Feb. 19
There is a lot you can accomplish alone but there is so much more you can accomplish if you join forces with people whose objectives mirror your own. Venus in your opposite sign will encourage you not to be such a lone wolf.

Pisces Feb. 20 - March 20
A new project is more likely to be a success if you take your time and plan what needs to be done in advance. You need to take things a step at a time.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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